

## **Nutrition Book Club – How It Works**      **Ferren Consulting [healthy4life.ca](http://healthy4life.ca)**

If you want to participate, send an email to [cathyferrenrhn@gmail.com](mailto:cathyferrenrhn@gmail.com) with “Join Nutrition Book Club” in the subject line OR go to the contact us page and select Join Nutrition Book Club from the subject line drop down list.

I will email you pages to read, the question sheets a week or two before the discussion and email you the zoom meeting invitation with links a week before each discussion.

Membership: You will be kept on the nutrition book club distribution list for that calendar year. You can rejoin each January.

All emails are by blind copy distribution to protect your privacy.

All zoom meetings are at 7 pm EST and last from 30 to 75 minutes depending on the topic.

For the book selected, I email you the dates of the discussions. You are expected to read the chapters or pages listed and answer the questions on the worksheets you are emailed for that particular book.

When the group meets online using zoom, we go through the questions taking turns answering them and discussing any interesting things we learned or questions we have as a result of that reading.

Some books are only 1 night, others vary in length depending on the size and type of book.

This is a free program.