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women—ranging in age from 74 to 106—whose dedication to serving others may help all of us live longer and healthier lives.

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"Once there was a man  
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who filmed his  
vacation. He went  
flying down the river in  
his boat with his video  
camera to his eye,  
making a moving  
picture of the moving  
river upon which his  
sleek boat moved  
swiftly toward the end  
of his vacation. He  
showed his vacation to  
his camera, which  
pictured it, preserving  
...

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Meaningful Lives by  
David Snowdon, Ph.D.  
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the School Sisters of  
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have been an army of  
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healthier lives.

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Aging With Grace is a  
new approach to

improving the health of  
seniors and keeping

seniors out of nursing  
homes. We offer a

health club and home  
care services for

seniors with a team of  
health professionals to

help implement a

healthy and active

lifestyle plan for each

of our members.

**Aging With Grace |  
The Health Club for**

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Written by one of the world's leading experts on Alzheimer's disease,

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who are teaching  
scientists how humans  
grow old--and how to  
do so with grace. In  
1986 Dr. David  
Snowdon, one of the  
world's leading experts  
on Alzheimer's disease,  
embarked on a  
revolutionary scientific  
study that would

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forever change the  
way we view  
aging—and ultimately  
living.

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Aging with Grace: What  
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Us About Leading  
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A prescription for hope,

Aging with Grace

shows that old age

doesn't have to mean

an inevitable slide into

illness and disability;

rather it can be a time

of promise and

productivity,

intellectual and

spiritual vigor—a time

of true grace. From the

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**Aging with Grace:**

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## **What the Nun Study Teaches Us about ...**

When it comes to aging gracefully, simplicity is key. You see, when our homes, closets, makeup bags and lives are full of clutter, it weighs us down. You don't need to scale back completely, but simplifying and discovering what really makes you happiest is important.

## **13 Secrets to Aging**

*Page 21/26*

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## **Gracefully | How to Age Gracefully**

Yet Aging with Grace is more than a

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women--ranging in age from 74 to 106--whose

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**Review: AGING WITH**

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**GRACE: What the  
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When many of us think of old age, we think of an inevitable decline into illness, disability and diminished mental acuity, but Dr. David Snowden's book "Aging with Grace: What the Nun Study Teaches us About Leading Longer, Healthier and More Meaningful Lives" shows us that it doesn't have to be.



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Aging with Grace: What  
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Us About Leading  
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by David Snowdon. In  
1986 Dr. David

Snowdon, one of the  
world's leading experts  
on Alzheimer's disease,  
embarked on a  
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study that would

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