

**Harvard Club of Cape Cod**

***Healthy Aging - Resilience in Challenging Times***

***Special Guest and Speaker***  
**Roger Landry, MD, MPH**  
**Author and HCCC Director**

**MEETING DATE: Thursday, October 20, 2022**

**TIME: 11:30 AM: Cash bar -- 12:00 Noon: Luncheon**

**PLACE: Alberto's Ristorante**

**DIRECTIONS: 360 Main St., Hyannis, MA**

Resilience, a critical component for a healthy longevity, has recently been thrust into the mainstream spotlight with the Pandemic. Dr. Landry will provide attendees with an enhanced understanding of what resilience is, how we build it, the powerful influence of mindset and emotional intelligence, and the all-important effect it has on the quality, and often quantity, of our lives.



who partner with communities to enrich their wellness offering, and with individuals to support their healthy longevity strategy. Dr. Landry is the author of the award-winning *Live Long, Die Short: A Guide to Authentic Health and Successful Aging*. He hosts a podcast *Dr. Roger and Friends: The Bright Side of Longevity*. Trained at Tufts University School of Medicine and Harvard University School of Public Health, Dr. Landry specializes in building environments that empower older adults to maximize their unique potential.

Dr. Roger Landry is a preventive medicine physician, and President and Chief Content Officer of Masterpiece, a group of multi-discipline specialists in healthy longevity

This event is jointly sponsored by MIT and the Harvard Club of Cape Cod.

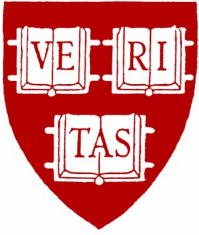
**For further information and to register, go to: <https://capecod.clubs.harvard.edu/>  
OR complete this form and mail it with your check made payable to  
the Harvard Club of Cape Cod #196 --- P.O. Box 111, West Hyannisport, MA 02672-0111.  
Only reservations received by Thursday, October 13, with payment can be accepted.  
No refunds will be issued after that. No phone reservations or walk-ins please.**

**Member Name:** \_\_\_\_\_

**Guest Name:** \_\_\_\_\_

**Menu Choices: Baked Scrod  Chicken Parmigiana:  Veal and Eggplant Sorrentino   
Vegetarian (Farcite Napoletana)**

**Cost per person \$44. No. of persons  Total Enclosed**



Visit our site on the Internet  
<https://www.harvardclubofcapecod.org>

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