

Introducing the Point Richmond

VILLAGE FORUM

a Friday evening speaker series for Pt. Richmond
and surrounding communities

First United Methodist Church
201 Martina, Pt. Richmond
More information: 236-1475

sponsored by Point Richmond Village
free admission—donations appreciated



The Flu is Coming! **Sept. 25** **7:30 p.m.**

This year's flu season comes with the added risk of H1N1 (swine flu) virus. Will there be a vaccine? Will it be safe? How can you and your family prepare yourselves? Find out about the choices you will face.

— **Harvey Kayman, M.D. and MPH**, a Pt. Richmond Resident is a Public Health Medical Officer for the California Dept. of Public Health and Acting Section Chief, Bioterrorism and Planning Section, Immunization Branch

The Secret of Surviving Change **Oct. 23** **7:30 p.m.**

It's hard enough to make changes that we want, like losing weight or getting in shape, but what about change that is thrust upon us, like losing a job or living on less?

—**M.J. Ryan**, who helped create the bestselling *Random Acts of Kindness* series, has a timely new book, *Adaptability: How to Survive Change You Didn't Ask For*. An executive life coach and popular speaker, she has appeared on the "Today Show," in the *New York Times* and other major media across the U.S..

Self-Help Will Never Look the Same **Nov. 20** **7:30 p.m.**

A cruise with Richard Simmons, a Steven Covey (*Seven Habits of Highly Successful People*) workshop, financial advice from Suzi Orman, words of wisdom from Deepak Chopra—all this and more packed into an entertaining evening talk.

—**Beth Lisick**, "the funniest woman writing books today," is the bestselling author of *Helping Me Help Myself: One Skeptic, Ten Self-Help Gurus, and a Year on the Brink of the Comfort Zone*. She shares her year exploring the biggest names in self-help.

POINT RICHMOND VILLAGE is a community nonprofit helping people enjoy an active, quality life in the home and community they love, as they grow older.
510-565-5566 <http://www.pointrichmond.com/prv>