



Wednesday, February 23, 2000

OU health expert to discuss how to live to 100

Anyone interested in finding out how to live to be 100 is invited to attend the Rochester Rotary Club meeting on Tuesday, Feb. 29, at the corner of Avon and Livernois in Rochester.

Fred Stransky, Ph.D., director of Oakland University's Meadow Brook Health Enhancement Institute, will present "Changes in Life Expectancy in the United States: 10 Steps to Enjoying Your 100 Years." Stransky will offer advice on how to stave off diseases that prematurely shorten lives, and how regular exercise and proper nutrition can significantly prolong life expectancy.

A healthy lunch will be served at 12:05 p.m., and payment can be made at the door on the day of the event. The cost is \$10 for the lunch and presentation. To make reservations, call Ann or Jan by Monday, Feb. 28, at (248) 370-3198.

SUMMARY

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