



# BOOK CLUB

## Tiny Habits: The Small Changes that Change Everything

Creating a happier, healthier life can be both easy and fun. This is a startling truth that we'll explore in our new Well Wisconsin book club, where we'll read *Tiny Habits: The Small Changes that Change Everything*. Are you working to make lifestyle improvements to manage or prevent a chronic condition? This book is full of practical advice and simple steps to improve your life, based on Dr. BJ Fogg's groundbreaking research in Behavior Design.

**When:** Wednesdays & Thursdays at 11:30am, starting June 5 and 6

**Where:** Virtually

**Frequency:** Weekly during June and July

We'll read this book on our own and gather weekly to explore discussion questions. If you need assistance with purchasing your book, please indicate this in your survey response.

Register for our virtual book club by May 31!

Scan or [click](#) to register.

