



All Is Well Or Is It?

A frank, funny, free-wheeling conversation about the art and science of personal well being.

All Is Well THE ART {AND SCIENCE} OF PERSONAL WELL-BEING



Marilynn Preston

Author of America's longest-running healthy lifestyle column

Please join me and Jen Weigel—journalist, author, master storyteller—on Thursday, August 2 at 7 PM. We share a supernatural interest in what it takes to live your best life—from eating clean to going green, linking mind and body to politics and culture.

Advance tickets \$20 or 2 for \$35 | At the door \$25

Showing on Thursday, August 2, 2018 | 7-9 PM

Wilmette Theatre, Theatre 2

1122 Central Avenue, Wilmette, Ill 60091

“Well-being is so personal and it’s under attack as never before. How do we protect and nourish our minds and bodies while staying happy, balanced and fully engaged?”

—Marilynn Preston,
nationally syndicated columnist

