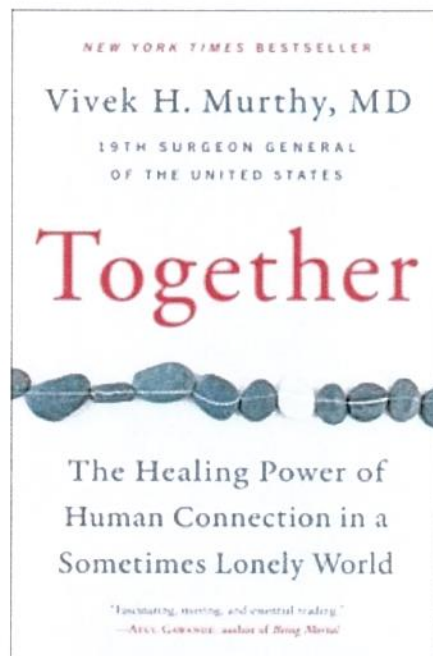


**Book Study on zoom and in person**

**Together; The Healing Power of Human Connection in Sometimes Lonely World**

**By Vivek H. Murthy, MD**

**Surgeon General of the United States**



From the Book:

*“...Loneliness and isolation hurt whole communities.... When we are less invested in one another, we are more susceptible to polarization and less able to pull together to face the challenges that we cannot solve alone — from climate change and gun violence to economic inequality and future pandemics. As it has built for decades, the epidemic of loneliness and isolation has fueled other problems that are killing us and threaten to rip our country apart.”*

All are welcome to join us for a five week discussion on this important book by the Surgeon General of The United States. The book explores ways to make sense of loneliness and to build a more connected life. We will be meeting weekly at the Saugus Public Library starting on Tuesday, November 28<sup>th</sup> from 6:30-7:30 EST. in person and on zoom. If you would like to receive a link or would like any more information please contact The Rev. John Beach, St. John's Episcopal Church [revjbeach@gmail.com](mailto:revjbeach@gmail.com) phone: 774-961-9881