

Rx for a Good Read

Book Club

Wednesday, Oct. 21st
5pm

Facilitator: Michelle Hauser,
PA-C Urology

Book: Indoor Epidemic
by John La Puma, MD

Location: Courtyard by Cafe
Please bring a lawn chair.

If inclement weather, it will be held inside the café.



INDOOR EPIDEMIC

93% Inside Steals Sleep, Focus & Years –
The 7% Outdoor Rx Restores Them



JOHN LA PUMA, M.D.

New York Times Best Selling Author
RealAge Diet · ChefMD

“Let’s talk about the benefits of spending time outdoors, practicing self-care, and making movement a priority. These

simple habits can support overall well-being and, with guidance from a healthcare professional, may complement treatment and reduce the need for certain medications.”

Michelle Hauser, PA-C.

Can Sunshine Save Your Life?

Sunshine is more than warmth and light—it plays an important role in our health. Sensible sunlight exposure supports healthy sleep rhythms, boosts mood, and helps the body produce vitamin D. In a world where we spend more time indoors, reconnecting with nature and making time for movement may be some of the simplest ways to support a healthier life.

Join us and discover how small, healthy habits can make a big difference!



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