

Mystic Valley Elder Services

invites you to the Independence Legacy Society Luncheon

featuring

Dr. Immaculata De Vivo



Wednesday, November 20, 2024

12:30 to 2:30 PM

Mystic Valley Elder Services

300 Commercial St., #19, Malden, MA

Featured Speaker: Dr. Immaculata De Vivo -

“The Biology of Kindness, Six Daily Choices for Health, Well-Being, and Longevity”

The Biology of Kindness



Six Daily Choices for
Health, Well-Being, and Longevity



Immaculata De Vivo
and Daniel Lumera

translated by Fabio De Vivo

MVES Independence Legacy Society members and others interested to learn more about the society are invited to join us at the annual MVES Independence Legacy Society Luncheon. Come learn about the impact of planned gifts for people served by MVES and how you can leave your legacy to benefit your community.

Dr. Immaculata De Vivo, Professor of Medicine at Harvard Medical School, Professor of Epidemiology at the Harvard T. H. Chan School for Public Health and an international leader in the area of molecular and genetic epidemiology of cancer, will speak about her book, “The Biology of Kindness, Six Daily Choices for Health, Well-Being, and Longevity.” Dr. De Vivo will share how scientific evidence supports that doing good things and showing kindness to others can actually lead to a long, healthy, and happy life.

Lunch will be served. Admission is free but seating is limited and an RSVP is required. Reserve your spot at www.bit.ly/ILS-2024. For more information, please contact Jenny Vanasse, Director of Development at 781-388-4802.

The first 25 people who register and attend this event will also receive a free copy of Dr. De Vivo's book, “The Biology of Kindness, Six Daily Choices for Health, Well-Being, and Longevity.”



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