

# BOOK CLUB



Starts June 1, 2015

[www.fizikagroup.com](http://www.fizikagroup.com)

## *Energy4Learning Book Club*

Individuals and teams are invited to participate in Fizika's *Energy4Learning Book Club*. Continuous personal growth is the hallmark of a professional. Summer is a great time to enrich your mind, while relaxing your body and refreshing your spirit. Join us this summer for a series of online facilitated discussions to

- Share feedback regarding information and ideas presented in the book
- Develop a network of peers who want to engage in energized learning
- Discuss how the reading influences your daily practice

### **FIZIKA BOOK CLUB MEMBERSHIP FEES:**

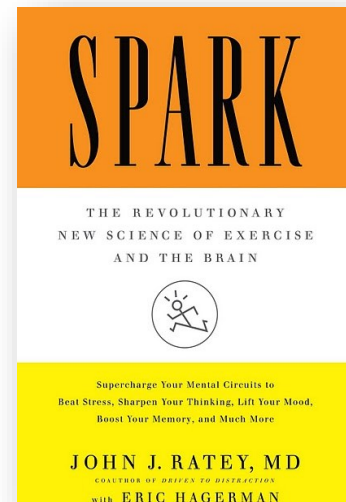
\$ 45 individual membership

\$ 85 for two participants

\$ 125 for three participants

\$ 150 for four participants

*(Books are available through Fizika for an additional fee)*



**SPARK is the first book featured  
in Fizika's Book Club**

**SPARK: The Revolutionary New Science of Exercise and the Brain**, by John Ratey, MD, is the first book chosen for Fizika's book club. Filled with amazing case studies (such as the revolutionary physical education program in Naperville, Illinois, that has put the local school district of 19,000 kids first in the world in science test scores), SPARK is the first book to explore comprehensively the connection between exercise and the brain. Concerned about attention deficit disorder? Want to learn how to avoid Alzheimer's disease? Dr. Ratey prescribes a targeted regimen to get your body moving and your mind in peak condition.

For more information and to enroll, send an email to: [info@fizikagroup.com](mailto:info@fizikagroup.com)