



LONGEVITY AND HEALTHY LIFESPAN

DARWINIAN INSIGHTS INTO LIVING TO YOUR GENETIC POTENTIAL

Tuesday, February 11

5 - 7 pm | Bridges Clubhouse Grille

Hors d'oeuvres & Wine – 5 pm | Lecture Presentation – 5:45 - 7 pm

Please join us for this very special, complimentary event.

The Bridges Club is pleased to have Geoff Bond, the Evolutionary Lifestyle Anthropologist and author, speak at the Club on

Tuesday, February 11, 2014 from 5 - 7 pm.

Geoff Bond is a nutritional anthropologist from Paphos, Cyprus and we are fortunate to have him stop by following his lecture to the physicians at Scripps Medical Center. Geoff graduated with honors in Applied Sciences from London University. He spent his early career living and working in remote African villages where he widened his studies on anthropology, biochemistry and evolutionary human behavior.

Using both research and first hand observations of tribal societies, Bond developed guidelines for living in harmony with our naturally adapted lifestyle.

For reservations please phone the Concierge at 858-759-7200

