



Did you read Dr. Daphne Miller's *Farmacology: Total Health from the Ground Up*?

Complete the survey and enter to win a copy of the book, private signing with Dr. Daphne Miller and the opportunity to hear her speak on Monday, September 18, 2017. Entries must be submitted and entered online at transforminghealth.org by August 31, 2017.

***1. Which Library do you use the most?** _____

***2. Gender:** Male _____ Female _____

***3. Age Range:** 18-29 _____ 30-39 _____ 40-49 _____ 50+ _____

***4. How did you learn about the program, 'A Summer Read'?**

- Word of mouth
- WITF
- Transforming Health website
- Aligning Forces for Quality - South Central PA website
- Aligning forces for Quality – South Central PA social media channels
- Library staff
- 'A Summer Read' bookmark
- 'A Summer Read' poster
- Wellspan Health
- Other (Please specify) _____

***5. Dr. Miller mentions the difference between good stress and "chronic, low-grade" stress. Do you see examples in your life that promote one or the other of these?**

(over)

***6 The author found that community gardening creates a community connection as well as increasing vegetable intake. Do you have any examples for or against this research?**

***7. After reading the book, has it reframed the way that you see aspects of your life, such as how your food is grown?**

***8. What do you think the author means by ‘sustainable aging’?**

***9. What was the most meaningful thing that you learned from the book?**

10. If you would like to be entered in the drawing, please complete the contact information below:

Name: _____

Address: _____

City/Town: _____

State: _____ Zip: _____

Email: _____ Phone: _____

Please return this form to your library to be entered at transforminghealth.org. Thank you!