

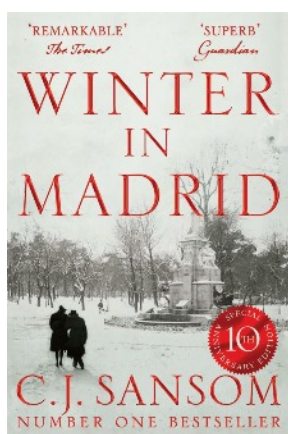
The U3A Book Group

Being in a book group offers significant benefits, including expanding literary horizons. And so by reading new genres members are exposed to books they might not have chosen otherwise, therefore breaking out of reading ruts and subsequently boosting mental well-being.



In a sense too the requirement to read something different on a regular basis provides a sense of accountability. The subsequent scheduled monthly meetings (deadlines) encourage busy people to make time for reading. And then at these meetings the the discussions that follow help members see different perspectives about the book itself. Also such discussions enhance ones conversation skills: and believe it or not mental well-being

To read regularly, offers fresh perspectives through discussion, and creates a welcoming community to share ideas, resulting in higher reading enjoyment for all.



The U3A Book Group provides a supportive, social environment where you can meet new people and make friends .

