



HEALTH & WELLNESS



Living to 100 Club
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August 2nd 2019: Lives Well Lived

This episode is dedicated to the film, "Lives Well Lived" directed and produced by Sky Bergman, Professor of Photography and Video at Cal Poly State University in San Luis Obispo, California. Sky Bergman is an accomplished, award-winning photographer. Her fine art work is included in permanent collections at the Los Angeles County Museum of Art, Brooklyn Museum, Seattle Art Museum, Santa Barbara Museum of Art, and the Bibliothèque Nationale de France. Lives Well Lived is Sky's directorial debut. The film explores the wit and wisdom of 40 people between the ages of 70 and 100 who share their v

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Featured Guest



Sky Bergman

Sky Bergman is an accomplished, award-winning photographer and filmmaker. Lives Well Lived, Sky's directorial debut, celebrates the incredible wit and wisdom of adults 75 to 100 years old who are living their lives to the fullest. Lives Well Lived has now screened in over 150 cities. Beginning with the Premiere at the Santa Barbara International Film Festival, the film has won eight awards, and has garnered enthusiastic reviews. The film is screened at community and educational institutions around the country, sponsored by AARP and others. A screening in Sacramento was used to help set the tone for California's 2019 Master Plan for Aging. Sky's fine art work is included in permanent collect

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