

Live Longer, Be Happier, and Connect with Your Community
Derrick Dufresne

What makes us happy? How do we live longer? Surprise Surprise. The people that are most connected to friends and their community are the keys. This is not a matter of luck, genes or happenstance. The real key lies in intentional actions that are simple to explain, and urgently needed.

Come learn the 3 most important ways to live to an old age, and die with a smile on your face.