



Fans: How Watching Sports Makes Us Happier, Healthier and More Understanding

Larry Olmsted

Award-winning journalist and author of *Real Food/Fake Food*.

Interviewer: Michael Shiels

Author, travel writer, and award-winning syndicated radio host.

.Thursday, April 8, 2021, 7:00 PM Central

www.bit.ly/OlmstedFANWebinar

PLUS: After-Hours Event!

Purchase a copy of *Fans* from FAN's partner bookseller The Book Stall to receive a link to an interactive "After-Hours" event hosted by Mr. Olmsted and Mr. Shiels. Details on the webinar registration page.

Presented by Family Action Network (FAN),
in partnership with with Baker Demonstration School, Compass Health Center,
Haven Youth and Family Services, Lake Forest Country Day School, North Shore Country Day School,
Pope John XXIII School, Roycemore School, School of Education and Social Policy at Northwestern University,
Stevenson High School D125, The Family Institute at Northwestern University, and Wintrust Bank.

This event is #freeandopentothepublic and will be recorded. Suitable for youth 12+ familyactionnetwork.net
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FOR IMMEDIATE RELEASE: LARRY OLMSTED

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Thursday, April 8, 2021, 7:00-8:00 PM, Fans: How Watching Sports Makes Us Happier, Healthier and More Understanding, a FAN webinar featuring Larry Olmsted, Interviewer: Michael Patrick Shiels.

REGISTER: www.bit.ly/OlmstedFANWebinar.

BONUS AFTER-HOURS EVENT: Attendees who purchase a copy of *Fans* from FAN's partner bookseller The Book Stall are invited to attend an AFTER-HOURS event hosted by Mr. Olmsted and Mr. Shiels that will start immediately after the webinar. Details on the webinar registration page.

Are you a sports fan? Do you spend weekends watching the NBA finals or the FIFA World Cup, obsessing over your team's wins and losses? Do you constantly check your fantasy basketball scores and buy jerseys of your favorite players? Why do we care so much about sports, and how does being a fan effect our lives? In his enlightening new book, ***Fans: How Watching Sports Makes Us Happier, Healthier, and More Understanding***, award-winning journalist **Larry Olmsted**, author of the *New York Times* bestselling *Real Food/Fake Food*, makes the case that the more you identify with a sports team, the better your social, psychological, and physical health, the more meaningful your relationships, and the better connected and happier you are. Using brand new research and exclusive interviews with fans and experts around the world, Mr. Olmsted presents a game-changing look into why being a fan is good for us both as individuals and as a society.

Mr. Olmsted, a columnist for *USA Today* and *Forbes* who has written for dozens of national publications, explores the many ways sports fans have the power to change the world. Whether you are a devoted fan of Serena Williams, can never miss a Cubs game, or you are counting down the days until the 2021 Summer Olympics, *Fans* illustrates how a passion for sports also provides community and hope. The book shows how sports act as a cultural currency, a global language, and a source of healing, and it displays recent groundbreaking studies into the effects of sports fandom.

Mr. Olmsted will be in conversation with **Michael Patrick Shiels**, an author, travel writer, and award-winning syndicated radio host. He has collaborated with the likes of Larry King, George H.W. Bush, and Jack Nicklaus.

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