

Media Release

For immediate release

Relax, Dammit! with Timothy Caulfield at the Library

ST. ALBERT, AB, January 22, 2021 – Bestselling author and crowd favourite Timothy Caulfield is back at St. Albert Public Library on March 2 via Zoom with his latest book, *Relax, Dammit! A User's Guide to the Age of Anxiety*, an entertaining and practical guide to understanding and improving the hundreds of health decisions we each make routinely every day.

Are you worried about the impacts of cell phone use, gluten in your food, or fluoride in your water? Confused about what you should actually be worried about? In *Relax, Dammit!*, Caulfield cuts through the misinformation and fads that impact our daily decisions, from what time we wake up each morning to how much caffeine we drink, and how often we should wash our hair. Renowned author Dr. Jen Gunter calls Caulfield “an entertaining science communicator who understands that fear is a big driver of our headline-driven 24/7 news cycle.”

“An evening with Timothy Caulfield is always engaging, entertaining and educational,” says Michelle Steinhusen, Adult Programming Librarian at St. Albert Public Library. “We’ve had such fun hosting him with his first two books, and we’re delighted to have him back to help us wade through all the health misinformation out there with *Relax, Dammit!*”

Caulfield is a Canada Research Chair in Health Law and Policy, a Professor in the Faculty of Law and the School of Public Health, and Research Director of the Health Law Institute at the University of Alberta. He is the author of two previous national bestsellers, *Is Gwyneth Paltrow Wrong About Everything?: When Celebrity Culture and Science Clash*, and *The Cure for Everything: Untangling the Twisted Messages about Health, Fitness and Happiness*. He is also the host and co-producer of the award winning documentary TV show, *A User's Guide to Cheating Death*.

Register at www.sapl.ca to join us for an evening with Timothy Caulfield at 7 p.m. on Tuesday, March 2 via Zoom. Attendance is free and his presentation will be followed by an audience question and answer session.

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