

The Life Care Committee Presents:

“The Blue Zones Project”

Simple Ways to Increase Wellbeing

Wednesday, June 30, 2021 4 - 5 pm
Redwood Room

Amber Shoebridge, of the Blue Zones Project, will explain how we can create environments where the healthy choice is the easy choice. Even small changes can reap huge benefits, like lower health care costs, improved productivity, and a higher quality of life.

[The Blue Zones Project](#) is the result of examining what diverse communities around the world do differently to live a higher quality of life with extended longevity. The presentation will introduce us to practices we can borrow from these communities, to increase our own longevity and quality of life. It is possible for the average person to add 10-12 years of optimal living by adopting a Blue Zones lifestyle

There are several books about the Blue Zones. The Blue Zones Solution describes how Blue Zones have worked in communities in the United States. We have this book in our Del Mesa Library.

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