

# Mendocino College Earns Blue Zones Project Worksite Approval

Mendocino College has officially been recognized as a Blue Zones Project Approved Worksite, a major step forward in its mission to support the well-being of students, faculty, and staff. This achievement highlights the college's proactive approach to fostering a culture of health, longevity, and connection throughout its campus community.

Blue Zones Project- Mendocino County is a community-led wellness initiative inspired by global regions where people live the longest, healthiest lives. Our project works with organizations and cities to reshape environments, policies, and social networks to make healthy choices easier and more accessible to everyone.

To earn this distinguished status, Mendocino College implemented a variety of strategies that align with the Power 9 principles of Blue Zones living:

- **Nutrition:** Offering resources and education around balanced, plant-forward eating.
- **Physical Activity:** Encouraging natural movement throughout the day and promoting walkable campus environments.
- **Social Engagement:** Hosting events that foster positive social connections among employees and students.
- **Purpose and Well-being:** Providing spaces and programs that help individuals connect with meaningful work and life goals.
- **Health and Wellness Department:** Supporting both students and employees through on-campus resources and programs dedicated to physical, mental, and emotional wellness.

To celebrate this milestone, Mendocino College will host an official Blue Zones Project Ribbon Cutting Ceremony during their Health and Wellness Fair on May 7th. This public event will showcase the college's commitment to well-being and provide attendees with access to wellness resources, community partners, and student-led activities.

This designation places Mendocino College among a growing number of organizations in the county prioritizing long-term health and community vitality. As a center of education and innovation, the college sets a powerful example for how institutions can lead in creating healthier places to learn and work.

For more information on the Blue Zones Project and how local organizations are getting involved, visit:

[www.bluezonesproject.com](http://www.bluezonesproject.com)