



BLUE ZONES PROJECT®

SEPTEMBER 2019



What Is Blue Zones Project?

Blue Zones Project launched in Southwest Florida in November 2015 and, to date, the project has impacted more than 640 organizations and 200,00 individuals. If you're hearing about us for the first time, we are a well-being project that works with individuals, homeowner's associations, faith-based organizations, restaurants, grocery stores, schools and businesses in the community to help them implement healthier practices in both their personal and professional lives. Using National Geographic research that found nine commonalities (the Power 9®) among people around the world who live the longest and healthiest, we provide tips and tools to help people in Southwest Florida also live longer, better lives.

But How? The Power 9® include best practices like; taking time in your day to do something you love in order to de-stress, spending quality time with friends and family, eating more fruits and vegetables, exercising and moving throughout the day, and finding and living your true purpose. By incorporating these practices into your personal and professional life you will notice the impact on your health and happiness over time. For example, you could set reminders for yourself at work to get up from your desk and go for a 5-minute walk. Or you could designate one day a week for your family to spend quality time together. You don't need to do all of the Power 9, but by adopting as many of the principles as you can, you'll improve your opportunity to live a healthier, happier, longer life.

Blue Zones Project isn't a diet, exercise or healthcare plan. We don't mandate that you adopt certain health practices. It is all about choice. We strive to meet people where they are on their well-being journey. We invite you to make small changes which will lead to big health benefits in the long run. One of our taglines is "Making Healthy Choices Easier". This means, for example, that instead of only offering pastries at your next meeting, you could offer pastries and fresh fruit. This gives attendees who want to make a healthier choice the option to choose. Blue Zones Project doesn't want you to take away from what is being offered, just add more options.

You may have seen or heard about the events and activities that Blue Zones Project offers. Because Blue Zones Project is sponsored by NCH Healthcare System, all of our events, activities and information are completely free. That's right! Free. These events are designed to get people moving, discover and reconnect with their purpose, give back to their community through volunteering and increase socialization and companionship. To date we have more than 4,100 people that have participated in a walking or a potluck group, or Moai® as we call them (a Japanese term for "meeting for a common purpose").

In order to determine the success of the project and to make sure that our work is making an impact in Southwest Florida, Blue Zones Project partners with a nationally recognized survey organization to poll the community. By looking to see if there has been an impact in the five areas of well-being; financial, community, purpose, social and physical, Blue Zones Project can determine what areas can be improved upon, where our resources are needed, and how we're affecting change.

In addition to the biennial survey, we collect metrics to help assure our partnering organizations are moving the well-being needle in a positive way. Measurements allow us to determine where well-being resources are most needed. Individuals can also measure their personal well-being by taking the Real-Age Test (www.sharecare.com/static/realage). This allows each of us to assess our well-being, periodically. It can be used as a motivator and a guide toward adopting behaviors which may increase your quality and quantity of life.

Over the next few pages, you will learn more about what Blue Zones Project has been up to since Nov. 2015, when we launched. By working with city and county policy leaders, with

More than **640** organizations + **200,000** people

- 120** Worksites
- 101** Restaurants
- 55** Homeowner's Association
- 35** Schools & **13** Pre-Schools
- 3** Universities / Colleges
- 32** Faith-Based Organizations
- 3** Grocery Stores
- 283** Other Organizations (non-profits, small business)



clubs, non-profits, large and small businesses, schools, grocery stores, restaurants, faith-based organizations and homeowner's associations we've been busy collaborating with our many partners, improving the well-being of our community. We hope you'll join us. Together, we can make a difference for now and for generations to come!

POWER 9®

Live a longer, healthier life by applying these principles inspired by the people who have lived the longest.



MOVE NATURALLY: Find ways to move more! You'll burn calories without thinking about it



PURPOSE: Wake up with purpose each day and add up to seven years to your life



DOWN SHIFT: Reverse disease by finding a stress-relieving strategy that works for you



80% RULE: Eat mindfully and stop when 80% full



PLANT SLANT: Put more fruits and vegetables on your plate



FRIENDS/WINE @ FIVE: Schedule social time with friends while enjoying healthy drinks



FAMILY FIRST: Invest time with family - and add up to six years to your life



BELONG: Belong to a faith-based community and attend services regularly to add up to 14 years to your life



RIGHT TRIBE: Surround yourself with people who support positive behaviors - and who support you

Using National Geographic research that found nine commonalities (the Power 9®) among people around the world who live the longest and healthiest.



Sponsored by



How Can YOU Live Longer, Better?

Blue Zones Project is a “we” project, meaning that if we all get involved, we can make a greater impact on our own well-being, as well as help our family, friends and community thrive. So, how can you get involved?

- Visit SouthwestFlorida.BlueZonesProject.com/Pledge to sign the online pledge (no money involved). After you sign up, you’ll begin receiving our monthly e-newsletter which will keep you “in the know” about activities and events, as well as recipe ideas and more.
- Attend a Live Longer, Better Presentation (see upcoming dates on the last page of this brochure). This will give you all the information you need to get your organization involved. You can also register your organization here- southwestflorida.bluezonesproject.com/organization/signup-start. We’ve helped all types of organizations from schools to non-profits with 500 employees to one employee participate with us.
- Join or start a Walking or Potluck Moai® (mow-eye). A Moai is a social group that commits to meet for ten weeks. Moais can help you create new friendships with people who support healthy behaviors. (See upcoming dates on the last page of this brochure).
- Attend a Blue Zones Project Purpose Workshop. People who know their purpose can live up to seven years longer. (See upcoming dates on the last page of this brochure).

PARTICIPATE



NATIONAL WALKING DAY

Did You Know the Metropolitan Statistical Area (MSA) of Naples-Marco Island-Immokalee has been named the healthiest in the nation for 4 Years in a Row!

CURRENT BLUE ZONES PROJECT PARTICIPATING ORGANIZATIONS

Blue Zones Project® is a well-being improvement initiative that makes healthier choices easier.

When individuals and organizations participate – from worksites and schools to restaurants and HOAs – even small changes add up to big improvements, lowered healthcare costs, and a higher quality of life for all.

FAITH-BASED ORGANIZATIONS

C3 Church Naples Florida
 Celebration Community Beach Church
 Christus Victor Lutheran Church
 Cornerstone United Methodist Church
 Legacy Church Estero
 Mayflower Congregational UCC
 Naples United Church of Christ
 Rock of Refuge Church
 St. Agnes Catholic Church
 Saint John the Evangelist Catholic Church
 The Arlington of Naples
 The Springs of Bonita Church
 Unity of Naples

GROCERY STORES

Wynn’s Market, Naples

HOAS, CLUBS, AND RESIDENCES

Arbor Trace
 Copperleaf
 Countryside Golf and Country Club
 Delasol
 Del Webb of Naples
 Discovery Village at Naples
 Fiddlers Creek
 Foxfire Golf and Country Club, Naples
 Glades Golf and Country Club
 Island Walk HOA
 Landmark Naples
 Marbella Isles
 Naples Heritage Golf and Country Club
 Naples Lakes Country Club
 Naples Reserve
 Palmira Golf and Country Club
 Pelican Landing
 Preserve at Corkscrew
 Quail Creek Country Club
 Riverwoods Plantation
 Sapphire Lakes
 Stonebridge Country Club
 Tavra Condo at Bonita Bay
 The Arlington of Naples
 The Community of Bonita Bay
 The Glenview at Pelican Bay
 Tidewater by Del Webb
 Vanderbilt Country Club
 VeronaWalk
 Village Walk of Naples HOA
 Vineyards Country Club
 Wildcat Run Golf and Country Club
 Windstar on Naples Bay
 Wyndemere Country Club

OTHER ORGANIZATIONS

A Plant Based Diet
 ABN Law
 Artichoke and Company

Barre Fusion
 Ginsberg Eye
 Benison Center
 BKS Yoga Studio LLC
 Be Well in Paradise
 Cafe of Life
 Central Auto Center
 Children’s Dentistry of Naples
 Ciccarelli Advisory Services
 City of Naples Fire Department
 Coldwell Banker Naples 5th Avenue
 Cora Physical Therapy
 Cora Physical Therapy Golden Gate
 Creative Connection
 Cypress Cove Conservancy
 Davidson Engineering
 Denise A Pancyrz LLC
 Discovery Village at Naples
 E Sue Huff & Associates
 Edible Arrangements Naples
 Emmanuel Community Park
 Estero Chamber of Commerce
 Estero Family Chiropractic
 Fairways Inn of Naples
 Fit2Run
 Fundamental Health Solutions
 GAIN (Growth and Improvement Never ending)
 Greater Naples Fire Rescue District
 Greenmonkey Yoga
 Guadalupe Center
 HBK CPAs and Consultants
 Horizon Wellness - Hire A Daughter
 I’m Simply Nutty- Food Vendor
 Iconic Journeys
 Including ALL Children
 Island Coast Dentistry
 It Starts With You Wellness
 Joyful Yoga and Ayurvedic Spa
 Jubilee Fellowship of Naples
 KAJ Gallery
 Kava Culture Kava Bar
 Kingdom Mobilization
 Lancit Digital Media
 Lean and Green Body LLC
 Life in Naples
 Lifestyle Beverages Distributors
 Literacy Volunteers of Collier County
 LivingWell Chiropractic
 Local Roots LLC
 Love in Hands Massage Therapy
 Love Yoga Center
 Love Your Life With Suz
 LoveINC of South Lee and North Collier Communities
 Marco Island Rotary Sunrise
 Max Flex Fitness
 MaxxCard
 Meals of Hope

NAMI of Collier County
 Naples Abundant Health Chiropractic
 Naples Art Association
 Naples Culinary Walks
 Naples Family Fitness Center
 Naples Green Scene
 Naples Historical Society
 Naples Interagency Council
 Naples Park Central Hotel
 Naples Personal Training
 Natural Wines Naples
 Neighborhood Organics
 New Balance Naples
 New Horizons of Southwest Florida
 Oils are a Gift
 Patient Best
 Pickleball For All
 Plan B Connections
 Preferred Travel of Naples
 Purely You Spa
 Purple Panda Wellness
 Regions Private Wealth
 Right At Home
 Rotary Club of Immokalee
 Sage Events LLC
 Sagewood Institute
 Senior Housing Solutions
 Shang-La Springs
 Smart Choices Healthcare
 Southern Tropics Pickleball
 STARability Foundation
 Strand Sisters
 Sunshine State Podiatry
 SWF UTK Alumni Chapter
 Swimtastic Swim Schools
 The Greater Naples Chamber of Commerce
 The Hotel Escalante
 The Moorings Inc
 The Spice and Tea Exchange of Naples
 The Waterside Shops
 Think Outside the Diamond
 Tidewater FirstService Residential
 United Way of Collier County
 US Open Pickleball Academy
 Women Of The 239

RESTAURANTS

Baleen, La Playa Beach Resort, Naples, EE-TO-LEET-KE Grill, Seminole Casino Hotel
 21 Spices by Chef Asif, Naples
 BRK Pizza, Naples
 CJ’s on the Bay, Marco Island
 Coast, Edgewater Beach Hotel
 Cosmos Ristorante & Pizzeria, Naples
 Jason’s Deli, Naples
 Juicelation, Naples
 Mel’s Diner, Naples

Naples Flatbread, Estero
 Naples Flatbread, Naples
 Oakmont at the Vineyards
 Old 41 Restaurant, Bonita Springs
 Organically Twisted, Naples
 Palladio Trattoria, Bonita Springs
 Riverwalk at Tin City, Naples
 Shula’s Steak House, Naples
 Skillet, Bonita Springs
 Skillet, Lely
 Skillet, North Naples
 Skillet, Parkshore
 Skillet, Pavilion
 Skillet, The Strand
 Skillet, University Village
 Sunburst Café
 Survey Café, Bonita Springs
 The Boardwalk - FGCU Campus Dining
 The Boathouse on Naples Bay
 The Bowl Central, Naples
 The Bowl, Naples
 The Café on 5th, Naples
 The Dock Restaurant, Naples
 The Local, Naples
 The Wave Cafe - NCH North Cafeteria
 Tree Top Cafe - NCH Baker Cafeteria
 True Food Kitchen, Naples
 Vanderbilt Country Club Restaurant

PRE-SCHOOLS

Bears Den
 Camp Discovery
 Gaynor Early Learning
 Guadalupe Center
 Naples Pre school for the Arts
 Waves of Wonder

SCHOOLS

Big Cypress Elementary
 Bonita Springs Charter School
 Corkscrew Elementary School
 Golden Gate Elementary
 Gulf Coast Charter Academy South
 Gulfview Middle School
 Immokalee Technical College
 Lake Park Elementary School
 Lake Trafford Elementary School
 Lely Elementary School
 Lorenzo Walker High School & College
 Mike Davis Elementary
 Naples High School
 Naples Park Elementary
 Osceola Elementary School
 Palmetto Elementary School
 Pelican Marsh Elementary
 Pinecrest Elementary School
 Pine Ridge Middle School
 Poinciana Elementary School
 Saint Ann School

Saint Elizabeth Seton Catholic School
 Sea Gate Elementary School
 Tommie Barfield Elementary School
 Veterans Memorial Elementary

COLLEGES AND UNIVERSITIES

Florida Southwestern, Collier

WORKSITES

Arthrex
 Artis-Naples
 Avow
 Blue Zones Project SWFL
 Boys and Girls Club of Collier County - Immokalee
 City of Naples
 Collier County Government BCC
 Community Health Partners
 Countryside Golf and Country Club
 David Lawrence Mental Health Center
 District School Board of Collier County
 Eagle Creek Golf and Country Club
 FineMark National Bank and Trust Naples
 FineMark National Bank and Trust Bonita Springs
 Florida Blue - Estero
 Florida SouthWestern State College - Collier Campus
 Florida Department of Health - Collier County
 Foot Solutions Estero
 Golf Club at Palmira
 Grace Place for Children and Families
 Guadalupe Center
 Gulfshore Concierge Medicine
 Gulfshore Insurance
 Healthcare Network of SWFL
 Hodges University
 Lee County Public Schools Administration
 London Bay Homes
 Moorings Park
 Naples Botanical Garden
 Naples Zoo
 NCH Healthcare System
 PBS Contractors
 Quail Creek Country Club
 Renaissance Center Club
 RGB Internet Systems Inc
 The Arlington of Naples
 The Club at Mediterra
 The Commons Club at The Brooks
 The Hertz Corporation
 The Immokalee Foundation
 The Naples Beach Hotel
 The Shelter
 Thomas Riley Artisans’ Guild
 Vi at Bentley Village
 Wyndemere Country Club

*Participating as of August 31, 2019

EXPERIENCE BLUE ZONES PROJECT IN SOUTHWEST FLORIDA...

Engaging Individuals to Live Longer, Better®

While other sectors in Blue Zones Project® work with organizations, the Engagement team knows how important it is to engage individuals in the community. We do this by offering activities like Walking and Potluck Moais® (Moai means a group of people coming together for a common purpose), monthly volunteering opportunities throughout the community (we had more than 30 volunteers help out at the Build a Bike event with **United Way of Collier County!**), and purpose workshops, an interactive seminar that helps you discover your unique gifts and talents. Why do we offer these activities free to the community? Because we know people who have a strong sense of purpose, who volunteer, and have strong relationships live longer, happier lives. In July, Blue Zones Project founder, Dan Buettner



came to Southwest Florida to launch community-wide Potluck Moais. More than 100 people attended some who had never met before that evening. They divided up into groups of six to eight people to come together for a period of 12 weeks to cook plant-based meals. One group was so excited to get started they spent the next several hours getting to know one another. Other groups have bonded over their love of Sauvignon blanc, their interest in

cooking, or their love of staying physically active. This is what Blue Zones Project is all about. Connecting people. Encouraging Well-Being.



Helping Our Youth Thrive

Blue Zones Project efforts in local schools, pre-schools and daycares is focus on teaching healthy habits early on in life. Research shows that healthier students earn higher test scores, have higher attendance rates and tend to be more socially connected. Collier County Public Schools have been actively involved with Blue Zones Project from the very beginning and currently there are now more than 20 schools that are Blue Zones Project Approved™ and there are more than 1,200 students across the district that are participating in pre or after-school running programs. Most recently **Mike Davis Elementary, Veterans Memorial Elementary and Pinecrest Elementary** earned Blue Zones Project approval.

Creating Healthy Worksites

Since many of us spend more than 40 percent of our day at work, it's important for Blue Zones Project to partner with businesses to help shape well-being in the workplace environment. Employees with higher levels of well-being are shown to perform better, have higher productivity and reduced absenteeism. By having healthier employees, an employer can experience lower healthcare costs and reduced turnover, which also allows them to attract top talent by being a worksite of choice. In fact, Tyler McMackin turned down a higher paying opportunity to accept a position with **PBS Contractors** simply because of their company culture. "I wanted to work for a company with the same philosophy as I subscribed to," stated McMackin. "I wanted a culture that was team-oriented and put people first." For McMackin, maintaining a balanced lifestyle is important. He exercises every day, practices yoga three times a week and walks his dogs with his girlfriend. He says other companies may not consider these things important for a motivated and productive team, but they are crucial. When he joined PBS Contractors, his family was surprised at the change in his attitude. "My mood improved so much that everyone noticed," McMackin commented. In addition to PBS Contractors both **Collier County Public School Administration** and **Lee County Public School Administration** became Blue Zones Project Approved™ worksites. Both organizations saw the benefit that Blue Zones Project was bringing to students, and they wanted to do the same for their staff. "We have always been committed to innovation in wellness throughout the district," said Superintendent Dr. Greg Adkins. "Blue Zones Project gave us the tools we needed to take our well-being initiatives to the next level. We hope that this roadmap will lead to better health for our teachers, faculty, and students across the county."



Engaging Faith Based Organizations & Homeowner's Associations

By working with Faith-Based Organizations (we use this term to include any and all faiths) and homeowner's associations (HOAs), Blue Zones Project can foster social connection that leads to friendships and support networks. Yes, even Faith-Based Organizations and HOAs can become Blue Zones Project recognized. In fact, **The Arlington of Naples** achieved the Blue Zones Project "trifecta". The community not only became a Blue Zones Project Approved™ worksite, but also a recognized homeowner's association and faith-based organization. The Arlington of Naples is the first organization in Southwest Florida to achieve all three designations. One of the ways that The Arlington of Naples earned Blue Zones Project approval was by having their residents and employees participate in the "Track Your Trek" step challenge that Blue Zones Project hosted from Jan. 2019 through April 2019. More than 70 residents participated, walking more than 25 million steps for a total of 12,813 miles!



One resident lost 13 pounds within the 10-week timeframe. In addition, **Cornerstone United Methodist Church**, a Blue Zones Project Approved faith-based organization, started a community garden to assist with food access back in 2016. The garden is now offering 30 varieties of vegetables, 20 different herbs, and 150 tropical fruit trees.

Restaurants Offering Healthier Options

Is your favorite restaurant Blue Zones Project Approved™ yet? The **EE-TO-LEET-KE Grill** at the Seminole Casino Hotel became the first Blue Zones Project Approved™ restaurant in Immokalee! They created a Blue Zones® Inspired menu with eleven items and they use ingredients grown from their own garden in many of the recipes.

Old 41 Restaurant, the popular spot in Bonita Springs, now offers a Blue Zones Inspired Menu with nine delicious choices. Owner, Tony Backos, is proud to offer more healthy choices to his loyal customers. Both **Riverwalk at Tin City** and **The Dock at Crayton Cove** were the first restaurants to earn Blue Zones Project approval in 2016.

The most popular dish on the Blue Zones menu at The Dock is the Mediterranean. At Riverwalk the most popular dish is the Key West Banana Leaf, a dish which tantalizes with sweet plantains, black beans, brown rice, pineapple salsa, Cuban onions and chimichurri, all served on a banana leaf.

To date, there are more than 40 restaurants across Southwest Florida that have earned Blue Zones Project approval. What does this mean? They've implemented healthier practices at their restaurants. These could be things like; offering half-size portion sizes, adding additional plant-based food entrees, offering whole grain alternatives, encouraging non-smoking in both indoor and outdoor spaces and serving salad dressings on the side.



Making Healthier Choices Easier at the Grocery Store



In addition to restaurants, grocery stores also play a role in Blue Zones Project by increasing sales of healthy food and beverage items. **Wynn's Market** was the first grocery store in Southwest Florida to participate with Blue Zones Project. By 2018 their water sales had increased 105 percent, and now represent 34 percent of their total beverage sales! Because of their extensive grocery experience (80 years in the business), Blue Zones Project asked Wynn's Market to help the owners of **LeGrand Caribbean Market** in Immokalee

gather the information needed to rebuild their business after Hurricane Irma. And rebuild they did! Owner Franck LeGrand was already passionate about healthy eating, having lost 100 lbs. on his own health journey. So, he agreed to be a part of a Market Makeover pilot program with Blue Zones Project. LeGrand Caribbean Market re-opened on Monday, January 28 with a new roof, new coolers, registers and lighting. They installed 22' of dry produce displays, and 8' of refrigerated produce coolers. Since enhancing their produce selections, they've doubled the profits from produce sales from 20 percent to 40 percent of their total business.

Policy Leaders Making Healthier Choices Easier in Southwest Florida

Did you know that Blue Zones Project works with both city and county government in Collier County and in Bonita Springs and Estero? We work in three major policy areas including: tobacco, food, and built environment. As far as food policy, the Blue Zones Project food policy committee will be hosting a **Food Policy Summit** this fall. In January, the Blue Zones Project built environment committee worked with Collier County to



pass a **complete streets policy**. This policy will allow transportation and land use planners to thoughtfully consider all modalities in new projects based on the use of the street. Most recently, Blue Zones Project partnered with Collier County to bring in **Urban 3's Joe Minicozzi** to conduct an economic land use analysis of the county. This data will help guide the county as they plan the last developable lands to the east.



To find a list of all the organizations currently participating with Blue Zones Project, visit southwestflorida.bluezonesproject.com



BLUE ZONES PROJECT® EVENTS

LIVE LONGER, BETTER PRESENTATION

Unfamiliar with what Blue Zones Project is all about? Want to find out how you and/or your organization can get involved in this community-wide project? Attend a Live Longer, Better presentation! For more information, please call **239.624.2312**.

- Tuesday, Sept. 10 • 2:30-4 p.m.** Golden Gate Community Center
4701 Golden Gate Pkwy
RSVP: livelongerbettersep.eventbrite.com
- Tuesday, Oct. 8 • 9-10:30 a.m.** Marco Island City Hall
50 Bald Eagle Drive, Marco Island
RSVP: livelongerbetteroct.eventbrite.com
- Tuesday, Nov. 19 • 9-10:30 a.m.** FineMark Bank
10010 Coconut Road, Estero
RSVP: livelongerbetternov.eventbrite.com

PURPOSE WORKSHOPS

These two-hour interactive workshops will help you define your unique gifts and talents and how to better use them in both your personal and professional life. By the end of the workshop you will craft a Purpose Statement and begin living a more purposeful life! For more information, please call **239.624.2312**.

- Tuesday, Sept. 17 • 4:30 – 6:30 p.m.** Eagle Lakes Community Park - Room 1
11565 Tamiami Trail E
RSVP: bzppurposeateaglelakes.eventbrite.com
- Saturday, Sept. 28 • 12 p.m. – 2 p.m.** North Collier Regional Park -
Administrative Building
RSVP: purposepalooza.eventbrite.com
- Tuesday, Oct. 8 • 5:30 – 7:30 p.m.** NCH Downtown Baker Campus
Telford Building Classroom 3
RSVP: purposench.eventbrite.com
- Thursday, Nov. 7 • 10 a.m. – 12 p.m.** Marco Island City Hall - Conference Room
50 Bald Eagle Drive, Marco Island
RSVP: bzppurposewsnov.eventbrite.com

WALKING MOAI LAUNCHES

Want to join a Walking Group? Bring friends, colleagues, family members or come alone to walk with us in the Park. For questions, please call **239.624.2312**.

- NORTH COLLIER REGIONAL PARK - Meet in front of the Administrative Bldg.**
- Tuesday, Oct. 8 at 8 a.m.** RSVP: bzpnorthparkmoiat8.eventbrite.com
- Tuesday, Oct. 8 at 5:30 p.m.** RSVP: bzpnorthparkmoiat530.eventbrite.com
- EAGLE LAKES COMMUNITY PARK - Meet in Front of the Gym at the Main Office**
- Wed., Oct. 9 at 8 a.m.** RSVP: bzpeaglelakesmoiat8.eventbrite.com
- Wed., Oct. 9 at 5:30 p.m.** RSVP: bzpeaglelakesmoiat530.eventbrite.com
- IMMOKALEE COMMUNITY PARK - Meet in Front of the Main Office**
- Thurs., Oct. 10 at 8 a.m.** RSVP: bzpimmokaleemoiat8.eventbrite.com
- Thurs., Oct. 10 at 5:30 p.m.** RSVP: bzpimmokaleemoiat530.eventbrite.com

ENGAGEMENT COMMITTEE MEETINGS

Interested in getting your neighbors, friends, co-workers, family to adopt healthier lifestyles and live longer? Join the Engagement Committee to help spread the word about Blue Zones Project best practices to individuals. Help with Purpose Workshop, Walking Moais, Cooking Demonstrations and other well-being activities. For more information contact **239.624.2312**.

- IMMOKALEE / AVE MARIA**
- Date: First Thursday of each Month**
- Time: 9-10:30 a.m.**
- Location: Career Resource Center**
750 S. 5th St., Immokalee

- BONITA SPRINGS / ESTERO**
- Date: First Tuesday of each Month**
- Time: 9-10:30 a.m.**
- Location: Shangri-La Springs, 27750 Old 41 Rd, Bonita Springs**

- COLLIER COUNTY**
- Date: Second Wednesday of each Month**
- Time: 8:30-9:30 a.m.**
- Location: NCH North - Brookdale Boardroom, 11190 Health Park Blvd., Naples**

TOBACCO FREE COLLIER COMMITTEE MEETINGS

If you're passionate about tobacco cessation and want to help future generations live healthier lives, please consider joining the Tobacco Policy Committee. We work with City and County government to help affect new and change existing tobacco policies.

- Date: Thursday, September 19, 2019**
- Time: 4 p.m.**
- Location: Florida Department of Health in Collier County**
3339 Tamiami Trail East, Naples, FL 34112 Room 206
- For Information: Call 239.252.6852**

- Date: Thursday, November 21, 2019**
- Time: 4 p.m.**
- Location: Florida Department of Health in Collier County**
3339 Tamiami Trail East, Naples, FL 34112 Room 206
- For Information: Call 239.252.6852**

TOBACCO CESSATION CLASSES

Attend free workshops to help you quit smoking! To hold or attend a tobacco cessation class, please contact Eliseo Rangel at eranel@nova.edu or call **239.274.1073**

- Date: Wednesday, September 11, 2019**
- Time: 3 p.m.**
- Location: Neighborhood Health Clinic**
121 Goodlette-Frank Rd, Naples, FL 34102

COLLIER COUNTY COMMUNITY TRAFFIC SAFETY TEAM (CTST)

Interested in making our roadways safer for all modalities? Consider joining a CTST meeting. Community Traffic Safety Teams (CTSTs) are locally based groups of transportation safety advocates that are committed to a common goal of improving traffic safety in their communities. CTSTs help to solve local traffic safety problems by integrating the efforts of the 4 "E" disciplines (Engineering, Enforcement, Education/Public Information, and Emergency Services), and promote public awareness of traffic safety best practices through campaigns that educate drivers, motorcyclists, pedestrians, and bicyclists about the rules of the road. For more information on these meetings, contact Jodi Walborn at jwalbor1@jhmi.edu.

- Date: Thursday, September 26, 2019**
- Time: 10 a.m. - 12 p.m.**
- Location: Growth Management Dept., Main Conference Room**
2885 South Horseshoe Drive, Naples

- Date: Thursday, October 24, 2019**
- Time: 10 a.m. - 12 p.m.**
- Location: Growth Management Dept., Main Conference Room**
2885 South Horseshoe Drive, Naples

- Date: Thursday, December 12, 2019**
- Time: 10 a.m. - 12 p.m.**
- Location: Growth Management Dept., Main Conference Room**
2885 South Horseshoe Drive, Naples

MOBILITY WEEK

In honor of Mobility Week, Blue Zones Project and Collier Area Transit (CAT), invite you to bike, walk or take Transit for free on **Friday, Nov. 1**

Join Us at the First Ever

Blue Zones Project
Palooza

September 28, 2019
North Collier Regional Park • 9 a.m. - Noon
Register at bzppalooza.eventbrite.com

Enjoy activities for the whole family:

- Plant-Based food tastings
- Relax with a cup of tea and a chair massage
- Activities like yoga, tai chi, and boot camp
- Attend a purpose workshop
- Walking Moai tours
- Kids Activity Area: face painting, adoptable puppies, explore a fire engine, jump rope, and more!
- Gardening demonstrations

For more information call 239-624-2312 or email BlueZonesProjectSWFL@Sharecare.com southwestflorida.bluezonesproject.com




