



BLUE ZONES PROJECT®

FALL 2020



What Is Blue Zones Project?

Blue Zones Project launched in Southwest Florida in November 2015 and, to date, the project has impacted over 720 organizations and more than 225,000 individuals. If you're hearing about us for the first time, we are a well-being project that works with individuals, homeowners associations, faith-based organizations, restaurants, grocery stores, schools and businesses in the community to help make healthy choices easier. 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 life, you will notice the impact on your health and happiness over time. 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 also offer fruit.

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 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 (bzpsouthwestflorida.sharecare.com). 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. By working with city and county policy leaders, with clubs, non-profits, large and small businesses, schools, grocery stores, restaurants, faith-based organizations and homeowners 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!

Over **720** organizations + **225,000** people engaged

- 131** Worksites
- 102** Restaurants
- 70** Homeowners Associations
- 44** Schools & **15** Pre-Schools
- 3** Universities/ Colleges
- 35** Faith-Based Organizations
- 3** Grocery Stores
- 316** Other Organizations (non-profits, small businesses)



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



DOWNSHIFT: 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



"Throughout these challenging times, we have been reminded once again on the importance of well-being and building resilience in our community. As we move forward in our shared mission with the Blue Zones Project - helping everyone in our community live longer, happier, and healthier lives, let's also work together to create a safer, stronger Southwest Florida."

NCH President and CEO, Paul Hiltz



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?

PARTICIPATE

- 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 needed to get you and/or 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, and worksites of all sizes participate with us.
- Some say you’re as young (or old) as you feel. Have you taken the RealAge test to get an estimate of your body’s “real age” and a customized well-being plan? Take the free test today at BZPSouthwestFlorida.sharecare.com.
- 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).

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.



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, 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
 Christus Victor Lutheran
 Church of the Nazarene
 Cornerstone United Methodist
 Jubilee Fellowship of Naples
 Legacy Church Estero
 Mayflower Congregational UCC
 New Haitian Church of the Nazarene
 Naples United Church of Christ
 Rock Of Refuge
 Saint John the Evangelist Catholic
 St. Agnes Catholic
 St. John’s Episcopal
 The Arlington of Naples
 The Springs of Bonita
 Unity of Naples

GROCERY STORES

Wynn’s Market, Naples

HOA’S, CLUBS, AND RESIDENCES

Arbor Trace
 Bayfront
 Bonita Lakes
 Copperleaf
 Countryside Golf and Country Club
 Del Webb Naples
 Delasol
 Diamond Oaks Village
 Discovery Village at Naples
 Fiddlers Creek
 Foxfire Golf and Country Club
 Glades Golf and Country Club
 Island Walk
 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 Condominium 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 Bonita Springs
 Village Walk of Naples
 Vineyards Country Club
 Wildcat Run Golf and Country Club
 Windstar on Naples Bay
 Worthington Country Club
 Wyndemere Country Club

OTHER ORGANIZATIONS

Above Board Chamber
 A Plant Based Diet
 ABN Law
 Artichoke and Company
 Barre Fusion
 Beautiful Health

Ginsberg Eye
 Benison Center
 BKS Yoga Studio LLC
 Be Well in Paradise
 C2 Communications
 Cafe of Life
 Cancer Alliance of Naples
 Central Auto Center
 Cheryl Korb- DOTERRA
 Children’s Dentistry of Naples
 Ciccarella Advisory Services
 Circle C Farm
 City of Naples Fire Department
 Coldwell Banker Naples 5th Ave
 Cora Physical Therapy
 Creative Business Coaches
 Creative Connection
 Cypress Cove Conservancy
 Davidson Engineering
 Denise A Pancyrz LLC
 Dr. Svetlana Kogan
 E. Sue Huff & Associates, Inc.
 Edible Arrangements Naples
 Emmanuel Community Park
 Estero Body Bootcamp
 Estero Chamber of Commerce
 Estero Family Chiropractic
 Fairways Inn of Naples
 Fit2Run
 Florida SouthWestern State College
 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
 Iconic Journeys
 I’m Simply Nutty- Food Vendor
 Including ALL Children
 Island Coast Dentistry
 It Starts With You Wellness
 Joyful Yoga and Ayurvedic Spa
 Jubilee Fellowship of Naples
 Just Breathe LLC
 KAJ Gallery
 Kava Culture Kava Bar
 Kingdom Mobilization
 Lancit Digital Media
 Lean and Green Body LLC
 Let’s Talk Dementia
 Life in Naples
 Lifestyle Beverages Distributors
 Literacy Volunteers of Collier County
 LiveWell Southwest Florida
 LivingWell Chiropractic
 Local Roots LLC
 Longevity Performance Center
 Love In Hands Massage Therapy
 Love Yoga Center
 Love Your Life with Suz
 LoveINC of South Lee and North Collier Communities
 M Room Company USA
 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 Fit Body Boot Camp
 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
 Our Yoga Place
 Patient Best
 Pickleball For All
 Plan B Connections
 Powerful You
 Preferred Travel of Naples
 Project Evolve
 Purely You Spa
 Purple Panda Wellness
 Purple Spoon Culinary
 Regions Private Wealth
 Rejuvenate Active Recovery Centers
 Right At Home
 Rotary Club of Immokalee
 Sage Events LLC
 Sagewood Institute
 Senior Housing Solutions
 Shangri-La Springs
 Siena Wealth Advisory Group
 Smart Choices Healthcare
 Southern Tropics Pickleball
 STARability Foundation
 Strand Sisters
 Sunshine State Podiatry
 SWF UTK Alumni Chapter
 Swimtastic Swim Schools
 Synergy Elite Medical
 The Greater Naples Chamber of Commerce
 The Hotel Escalante and Veranda E
 The Moorings Inc
 The Spice and Tea Exchange of Naples
 The Waterside Shops
 Think Outside the Diamond
 Tidewater FirstService Residential
 Tigers Den Salon
 United Way of Collier County
 US Open Pickleball Academy
 Women Of The 239
 YMCA of South Collier

RESTAURANTS

21 Spices by Chef Asif
 Baleen, La Playa Beach Resort, Naples
 BRK Pizza, Naples
 CJ’s on the Bay, Marco Island
 Coast, Edgewater Beach Hotel
 Cosmos Ristorante & Pizzeria
 EE-TO-LEET-KE Grill - Seminole
 Casino Hotel Immokalee
 Fifty’s Caribbean Cuisine, Immokalee
 First Watch Granada Shoppes
 Jason’s Deli, Naples
 Juicelation, Naples
 LuLu B’s Diner
 Mel’s Diner, Naples
 Naples Flatbread, Miramar Outlets

Oakmont at The Vineyards (Private)
 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 Boathouse on Naples Bay
 The Bowl, Naples
 The Bowl Central, Naples
 The Cafe at Bonita Beach
 The Café on 5th, Naples
 The Local, Naples
 The Wave Cafe - NCH North Hospital
 Tree Top Cafe - NCH Baker Hospital
 True Food Kitchen, Naples
 Vanderbilt Country Club (Private)

PRE-SCHOOLS

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

SCHOOLS

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

COLLEGES & UNIVERSITIES

Florida Southwestern, Collier

WORKSITES

Arthrex
 Artis-Naples
 Avow

Blue Zones Project SWFL
 Bonita Springs Charter School
 Bonita Springs Elementary School
 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 Department of Health-Collier
 Florida SouthWestern State College - Collier Campus
 Foot Solutions Estero
 Foxfire Golf and Country Club
 Golf Club at Palmira
 Grace Place for Children and Families
 Guadalupe Center
 Gulfshore Concierge Medicine
 Gulfshore Insurance
 Healthcare Network of Southwest Florida
 Hodges University
 Immokalee Foundation
 Lee County Public Schools Administration
 London Bay Homes
 Moorings Park
 Naples Botanical Garden
 Naples Coastal Animal Hospital
 Naples Players
 Naples Zoo
 NCH Healthcare System
 PBC Contractors
 RCMA Immokalee
 Renaissance Center Club
 RGB Internet Systems Inc
 SWFL Inc. Chamber of Commerce
 The Arlington of Naples
 The Club at Mediterra
 The Commons Club at The Brooks
 The Hertz Corporation
 The Naples Beach Hotel
 The Shelter
 Thomas Riley Artisans’ Guild
 Vi at Bentley Village
 Wyndemere Country Club

*Participating as of Sept 10, 2020

Want your organization to become Blue Zones Project Approved?
 Register at SouthwestFlorida.BlueZonesProject.com

EXPERIENCE BLUE ZONES PROJECT IN SOUTHWEST FLORIDA...

Engaging Individuals to Live Longer, Better®

To engage individuals in our community, we offer many activities that include Walking and Potluck Moais® (Moai means a group of people coming together for a common purpose), monthly volunteering opportunities throughout the community, 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 supportive relationships live longer, happier lives. Each month, Blue Zones Project offers new virtual well-being activities to keep community members engaged from the comfort and safety of their own homes. We invite individuals and organizations to sign up for free at [BlueZonesProjectSWFL.eventbrite.com](https://www.bluezonesprojectswfl.com) and:



- Learn what Blue Zones Project is all about at a Live Longer Better Presentation
- Move naturally with our Fitness Series
- Down shift with Tai Chi and Yoga classes
- Discover your hidden gifts and talents at a Purpose Workshop
- Find your right tribe and connect at a Well-Being Moai
- Watch a Cooking Demo and learn how to make delicious plant slant dishes

Helping Our Youth Thrive

Blue Zones Project efforts in local schools, pre-schools and daycares are focused 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. There are currently 44 schools that are Blue Zones Project Approved™. Collier and Lee Public School Districts have been actively involved with Blue Zones Project and there are more than 1,200 students across the Collier district that are participating in pre or after-school running programs. While **Bonita Middle Center for the Arts** has been adjusting to opening their school year in a post-Covid environment, they found a bright spot with their new bike rack and fence enclosure donated by Blue Zones Project. This is the first time since Principal Layner's tenure that all of the students bicycles are able to safely fit inside their bike corral.



Our Commitment to Helping the Underserved

Blue Zones Project is a “we” project that not only works to optimize health and well-being, but also remains committed to helping the underserved in our community. Blue Zones Project has teamed up with various partners and organizations to include **Meals of Hope**, **Brighter Bites SWFL**, **Harry Chapin Food Bank**, **Reach Assembly FKA First Assembly of God in Immokalee**, and **Immokalee Friendship House** to help fight food insecurity through volunteering efforts and food distributions for thousands of families.



Blue Zones Project also recently helped secure a \$100,000 grant for the Southwest Florida Regional Planning Council (SWFRPC) to address food insecurity in Collier County and establish a **Food Policy Council**. This grant has been awarded by the Aetna Foundation's Healthier Cities and Counties Challenge, and will be used in partnership with Blue Zones Project SWFL, Drug Free Collier County,

Collier Department of Health, Florida Gulf Coast University Department of Social Work, University of Florida Institute of Food and Agricultural Sciences, and University of Florida College of Agricultural and Life Sciences. The awarded funds will span two years and at its end, the Food Policy Council intends to be established as its own sustainable, governing entity acting as an information and process hub for the local food system.

Engaging Faith Based Organizations & Homeowners Associations

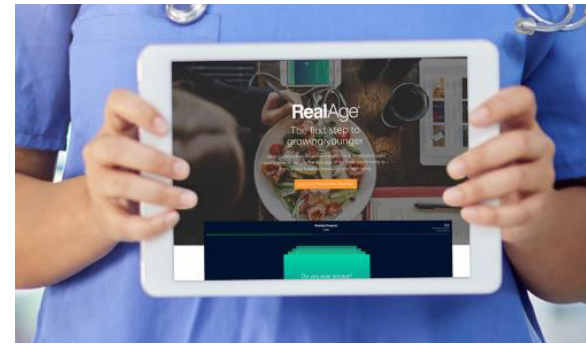
By working with Faith-Based Organizations (FBOs) and Homeowners Associations (HOAs), Blue Zones Project can help foster social connection that leads to friendships and support networks. Yes, even FBOs and HOAs can become Blue Zones Project recognized. **Emmanuel Communities, Inc.** has partnered with Blue Zones Project Organization, **Meals of Hope** to help fight food insecurity. Each Wednesday from 3-5 p.m. at Emmanuel Community Park, Meals of Hope works with Emmanuel's volunteers to distribute fresh produce items, frozen meats, and dairy to hundreds of families in need.

HOAs like **Twin Eagles**, **Valencia**, and **The Dunes** have hopped on the virtual train with Blue Zones Project Live Longer Better Presentations. This has served as a great way to engage many of their out-of-town residents by learning about Blue Zones Project and invite them to participate in the many virtual well-being activities from their own home.



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, Blue Zones Project recently launched the **Real Age Test** for worksites to measure and track changes in workforce well-being over time. The Real Age Test is free and considers more than 100 factors that influence health and well-being to provide an individual their personalized Real Age – or how old their body thinks it is based on health habits. Employees also get access to optional, free, and personalized online resources to help them make healthy changes. The results help worksites identify priority areas for employee well-being efforts and evaluate the impact of implemented practices.



To find out how your worksite can participate with Blue Zones Project, call us at 239-624-2312 or email bluezonesprojectswfl@sharecare.com.

Restaurants Growing a Healthy Business

Great restaurants provide more than food. They make us feel like we're part of their family. Whether dining in or ordering meals to go, Blue Zones Project Approved™ restaurants also provide food that's genuinely good for you. Plant slant meals – beans, greens, vegetables and fruits – are delicious and nutritious. They contain sustainable proteins and the vitamins and minerals our bodies need. Restaurants like **Skillets** and **The Café at Bonita Beach** offer breakfast and lunch – **LuLu B's Diner** and **Old 41 Restaurant** serve American classics – **Palladio Trattoria** and **21 Spices by Chef Asif** bring faraway flavors to dinner. These restaurants made the healthy choice the tasty choice, and Blue Zones Project thanks them for doing it. There are now more than 40 Blue Zones Project Approved™ restaurants in Southwest Florida. Is your favorite restaurant Blue Zones Project Approved™? If not, connect them with bluezonesprojectswfl@sharecare.com. We will provide free restaurant coaching, menu design, and marketing support to increase customer awareness and help grow a healthy business.



Grocery Stores Providing Healthier Options

Grocery stores play a crucial role in well-being, providing easy access to healthy foods and beverages. **Wynn's Market** was the first Blue Zones Project Approved™ grocery store in Southwest Florida. They have enjoyed increased sales in produce, bottled water, and healthy Grab-N-Go Deli meals. **LeGrand Caribbean Market** in Immokalee started with Blue Zones Project in 2018. Wynn's collaborated with LeGrand, providing valuable insights to improve their business. Blue Zones Project provided LeGrand with 22 ft. of fresh produce displays and 8 ft. of produce coolers. Blue Zones Project also connected LeGrand with Feeding Florida, Florida's food bank network. They are now working together on a pilot program called Fresh Access Bucks which matches SNAP dollars with FREE Fresh Access Bucks to spend on Florida-grown fruits and vegetables. In 2019, 55% of LeGrand's sales were paid with SNAP, and 25% of those sales were for produce. With Fresh Access Bucks, LeGrand expects to see a significant increase in produce purchases. Connect your local grocery store with bluezonesprojectswfl@sharecare.com and we'll help them, free of charge, to grow a healthy 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. Blue Zones Project recently hosted a virtual Built Environment Summit for Marco Island with National Expert Dan Burden (named one of “100 Best Urbanists of All Time” by Planetizen), and Danielle Schaeffner, Director of Planning and Projects for Blue Zones Project, to explore ways to make movement and social connection easier for all residents on Marco Island. The Blue Zones Project Southwest Florida team along with Marco Island community leaders and some of the area's most talented and thoughtful advocates brought their enthusiasm and passion for the community as they discussed ways to help optimize well-being in the tropical paradise where we live, work, and play.



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! If you can't make it to a scheduled presentation, we have recorded sessions available to view at any time. For more information, please call **239.624.2312**.



Thursday, Oct. 15
9:00 a.m.-10:00 a.m.

Online Event
RSVP: [BlueZonesProjectSWFL.EventBrite.com](https://www.eventbrite.com/e/blue-zones-project-swfl)

Tuesday, Nov. 10
5:30 p.m.-6:30 p.m.

Online Event
RSVP: [BlueZonesProjectSWFL.EventBrite.com](https://www.eventbrite.com/e/blue-zones-project-swfl)

Thursday, Nov. 19
9:00 a.m.-10:00 a.m.

Online Event
RSVP: [BlueZonesProjectSWFL.EventBrite.com](https://www.eventbrite.com/e/blue-zones-project-swfl)

Tuesday, Dec. 8
5:30 p.m.- 6:30 p.m.

Online Event
RSVP: [BlueZonesProjectSWFL.EventBrite.com](https://www.eventbrite.com/e/blue-zones-project-swfl)

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**.



Thursday, Oct. 22
5:00 p.m.-7:00 p.m.

Online Event
RSVP: [BlueZonesProjectSWFL.EventBrite.com](https://www.eventbrite.com/e/blue-zones-project-swfl)

Thursday, Nov. 19
5:00 p.m.-7:00 p.m.

Online Event
RSVP: [BlueZonesProjectSWFL.EventBrite.com](https://www.eventbrite.com/e/blue-zones-project-swfl)

COOKING CLASS DEMONSTRATIONS

Learn how to apply Blue Zones Project® principles for healthier cooking options using veggies, fruits, whole grains, beans and nuts. You'll receive expert tips for tastier and healthier meals and snacks that your family and friends will love. Sign up to receive your online Cooking Demo to learn how to make delicious Blue Zones Project® inspired dishes! Once you are registered, you will receive the video link to view at any time. For more information, please call **239.624.2312**.



Available Online

Sign up: [BlueZonesProjectSWFL.EventBrite.com](https://www.eventbrite.com/e/blue-zones-project-swfl)

MOVE NATURALLY FITNESS SERIES

The world's longest-lived people don't necessarily pump iron, run marathons or join gyms. Instead, they live in environments where movement comes naturally. Blue Zones Project Southwest Florida has teamed up with Nino Maggadino, Wellness and Fitness Instructor at Max Flex Fitness in Naples, FL to show you some simple, low impact exercises you can do right at home to help you get moving and feeling your best. Once you are registered, you will receive the video link to view at any time. For more information, please call **239.624.2312**.



Available Online

Sign up: [BlueZonesProjectSWFL.EventBrite.com](https://www.eventbrite.com/e/blue-zones-project-swfl)

DOWNSHIFT WITH YOGA AND TAI CHI

The need to downshift is more important now than ever. Learn from Yoga instructor, Julie Frizzi, and Tai Chi instructor, Suzanne Jeffreys on how to recharge, gain flexibility, and find your balance with Yoga and Tai Chi exercises that you can do in the comfort of your own home. For more information, please call **239.624.2312**.



Available Online

Sign up: [BlueZonesProjectSWFL.EventBrite.com](https://www.eventbrite.com/e/blue-zones-project-swfl)

Power 9® Online Activity of the Week

We want to know how you are living the Power 9, a set of shared principles followed by the longest-lived people. Each week, we will have a specific Power 9 activity for you to try and share with us. Simply visit our Facebook page to see the current activity. You can share your experience with us by tagging us on Facebook or commenting on the post, or, email us at bluezonesprojectswfl@sharecare.com. Please include a photo or video with your story.



[Facebook.com/BlueZonesProjectSouthwestFlorida](https://www.facebook.com/BlueZonesProjectSouthwestFlorida)

ENGAGEMENT COMMITTEE MEETINGS

Interested in encouraging 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: 9-10:00 a.m.

Location: These meetings are held virtually. Call 239.624.2312 for information

BONITA SPRINGS / ESTERO

Date: First Tuesday of each month
Time: 9-10:00 a.m.

Location: These meetings are held virtually. Call 239.624.2312 for information

MARCO ISLAND

Date: Third Wednesday of each month
Time: 9-10:00 a.m.

Location: These meetings are held virtually. Call 239.624.2312 for information

COLLIER COUNTY

Date: Second Wednesday of each month
Time: 9:30-10:30 a.m.

Location: These meetings are held virtually. Call 239.624.2312 for information



HEALTHIER AT HOME

Want to reshape your home environment with healthy and easy in mind? Take cues from the original blue zones areas and create a home that supports healthier movement, healthier eating, healthier connections, and a healthier outlook.

To learn more, visit [BlueZonesProject.com/HealthieratHome](https://www.BlueZonesProject.com/HealthieratHome)