



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 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!

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



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 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, and worksites 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).

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



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
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
Copperleaf
Countryside Golf and Country Club
Del Webb Naples
Delasol
Discovery Village at Naples
Fiddlers Creek
Foxfire Golf and Country Club
Glades Golf and Country Club
IslandWalk
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
Tavira 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 Naples
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
C2 Communications
Cafe of Life
Cancer Alliance of Naples
Central Auto Center
Cheryl Korbel- DoTERRA
Children's Dentistry of Naples
Ciccarelli 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
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
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
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
Coffee Bar 239
Cosmos Ristorante & Pizzeria
EE-TO-LEET-KE Grill - Seminole Casino Hotel Immokalee
Fify's Caribbean Cuisine, Immokalee
First Watch Granada Shoppes
Jason's Deli, Naples

Juicelation, Naples
LuLu B's Diner
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
The Boathouse on Naples Bay
The Bowl Central, Naples
The Bowl, 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 Restaurant

PRE-SCHOOLS

Bears Den
Camp Discovery
Gaynor Early Learning
Guadalupe Center
Naples Pre school of the Arts
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
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 Area Chamber of Commerce
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 County
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
PBS Contractors
RCMA Immokalee
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 Naples Beach Hotel
The Shelter
Thomas Riley Artisans' Guild
Vi at Bentley Village
Wyndemere Country Club

*Participating as of January 20, 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®

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, 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. The NBC Today Show took note of Blue Zones Project - SWFL



recently and followed 22 of our plant-based potluck Moais. The power of Moais was validated. In just 3 months, 100% of participants said their Moai had a positive impact on their well-being and 100% were eating more plant-based meals. Almost 70% said they had made new friends

and many lost weight, lowered their cholesterol and/or reduced their blood sugar. A celebration of all the potluck Moais took place at Baker Park with Blue Zones Founder, Dan Buettner. Each participant received a copy of his new plant based recipe book, The Blue Zones Kitchen.

Helping Our Youth Thrive

Well-being metrics among Collier County Public School students:

- Collier County Public School obesity rates among middle and high schools declined from 2014 to 2018, while the rest of the state of Florida rose for the same age groups. (Source: Florida Department of Health)
- Collier County elementary students average 400 movement minutes per week that includes PE, recess, and transitional PA movement. Many elementary schools also have before and/or after school running clubs such as Kids On The Go.

Blue Zones Project efforts in local schools, pre-schools and daycares is 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. Collier County Public Schools have been actively involved with Blue Zones Project from the very beginning and currently there are now more than 44 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. In the fall, students from Collier and Lee County Schools including **Tommie Barfield Elementary, Bonita Springs Elementary, Avalon Elementary, and Golden Terrace Elementary** participated in National Walk to School Day to raise awareness and support for the health, community and environmental benefits of regularly walking or biking to school.



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. In fact, The Church of the Nazarene on Bayshore Drive recently became the first Haitian Church to participate as a Blue Zones Project Organization. They had a big day of celebration that included a ribbon cutting ceremony and a purpose workshop attended by 150 members of their congregation.



Island Walk HOA held their First Annual Walkathon, part of their community-wide charity effort and initial event celebrating their recognition as a Blue Zones Project organization. Over 60 members from Island Walk participated. In coordination with other fundraising events and matching funds from a generous donor, they have raised \$58,000 for the Alzheimer's Support Network of Collier County. "Through these charitable events, Island Walk residents are able to connect with purpose and create new friendships while enjoying our beautiful community" said Sally Hawk, Wellness Champion at Island Walk. "It aligns perfectly with some of the Blue Zones Power 9® Principles that help people live longer and healthier."



Creating Healthy Worksites

When you think of an office environment, employees exercising during their workday is not a scene you typically imagine. Blue Zones Approved Worksites recognize and value the role that exercise plays in employee health, productivity, creativity, efficiency and happiness. They welcome breaks for physical activity whenever and wherever appropriate. In fact, the **City of Naples** has purchased walking workstations; picture a standing desk with a treadmill below it allowing employees to get their steps in while following up on emails, watching a presentation or taking a conference call. In 2019, the City hosted a walking challenge in tandem with Blue Zones Project-SWFL, and their participating employees lost a combined 899 pounds!

Ave Maria School of Law has just completed construction and opened a new, on-campus fitness complex for students, faculty and staff to use. The complex features a covered open air gymnasium lined for basketball, volleyball and pickleball, a fitness room complete with spinning bikes and yoga mats, and a weight and cardio floor. Users can drop-in to work out on their own or can take an array of fitness classes offered through the Ave Maria Moves wellness program. There are many cost free and simple ways to encourage well-being in the worksite. Call us at 239-624-2312 or email bluezonesprojectswfl@sharecare.com to learn how.



Restaurants Offering Healthier Options

Is your favorite restaurant Blue Zones Project Approved™ yet? **CJ's on the Bay** is the first Blue Zones Project Approved restaurant on Marco Island, and they offer 11 Blue Zones® Inspired dishes. To date they have sold more than 43,000 of these dishes in their restaurant. **21 Spices** by Chef Asif in Naples became a Blue Zones



Project Approved™ restaurant in August 2019, with 17 Blue Zones Inspired dishes on a new Blue Zones Inspired Menu. **The Café at Bonita Beach** became a Blue Zones Project Approved restaurant in December 2019, and they offer 10 organic Blue Zones Inspired dishes. **Skillet's** has seven Blue Zones Project Approved restaurants in the project area, and each of them offers 11 Blue Zones

Inspired dishes. To date Skillet's has sold more than 123,000 Blue Zones Inspired dishes. The newest Blue Zones Project approved restaurant in Naples is **First Watch** in Granada Shoppes. They now offer four Blue Zones Inspired dishes, and they even have a Blue Zones Inspired Menu. To date, there are more than 40 restaurants across Southwest Florida that have earned Blue Zones Project approval. What does this mean? They're making the healthy choice the easy choice. For a full listing of participating restaurants, visit southwestflorida.bluezonesproject.com/organization.

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 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. Blue Zones Project hosted a Food Policy Summit this past Fall to educate on the need for a Food Policy Council in Southwest Florida. Due to the overwhelming support, Blue Zones Project will be launching a Food Policy Council in May of this year with the help of the Southwest Florida Regional Planning Council, Department of Health in Collier and Lee, FGCU, Café of Life, Interfaith Charities, and the University of Florida IFAS Extension. We partnered with the Department of Health to post nutrition education signs at vending machines in Collier County Parks. In addition, Blue Zones Project is partnering with UF IFAS to host a garden tour in February. The Collier Tobacco Free Coalition completed the three policies required for Blue Zones Project certification. The City of Naples implemented 9 built environment policies to improve the health of the community. These policies will continue to keep the City of Naples at the forefront of healthy community design.



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**.



Monday, Feb. 10
11:30 a.m.-12:30 p.m.

Marco Island YMCA
101 Sand Hill St, Marco Island
RSVP: livelongerbetterFEB.eventbrite.com

Thursday, Feb. 27 • 9-10:00 a.m.

Brookdale Boardroom at NCH North Hospital
11190 Health Park Blvd, Naples
RSVP: livelongerbetterNCH.eventbrite.com

Wednesday, Mar. 4 • 9-10:00 a.m.

North Collier Regional Park
15000 Livingston Rd, Naples
RSVP: livelongerbetterNCRP.eventbrite.com

Tuesday, Mar. 17 • 9-10:00 a.m.

FineMark Bank
10010 Coconut Road, Bonita Springs
RSVP: livelongerbetterMAR.eventbrite.com

Thursday, Apr. 9 • 2-3:00 p.m.

South Regional Library
8065 Lely Cultural Pkwy #9005, Naples
RSVP: livelongerbetterSRL.eventbrite.com

Tuesday, Apr. 21
11:30 a.m.-12:30 p.m.

Marco Island Library
210 S Heathwood Dr, Marco Island
RSVP: livelongerbetterAPR.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, Feb. 25 • 2:30-4:30 p.m.

Mackle Park
1361 Andalusia Terrace, Marco Island
RSVP: PurposeMP.eventbrite.com

Wednesday, Mar. 25 • 5:30-7:30 p.m.

NCH Hospital North - Brookdale Boardroom
11190 Health Park Blvd, Naples
RSVP: PurposeNCHNorth.eventbrite.com

Wednesday, Apr. 22 • 2:30-4:30 p.m.

South County Regional Library - Estero
21100 Three Oaks Pkwy, Estero
RSVP: PurposeSCRL.eventbrite.com

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 take home tips for tastier and healthier meals and snacks that your family and friends will love. Join us for an upcoming Cooking Demo to learn how to make delicious Blue Zones Project® inspired dishes! For more information, please call **239.624.2312**.



Tuesday, Feb. 11 • 4-5:00 p.m.

Eagle Lakes Community Park
11565 Tamiami Trail E, Naples
RSVP: CookingDemoELCP.eventbrite.com

Tuesday, Mar. 31 • 2-3:00 p.m.

South County Regional Library - Estero
21100 Three Oaks Pkwy, Estero
RSVP: CookingDemoSCRL.eventbrite.com

Wednesday, Apr. 29
11:00 a.m.-12:00 p.m.

Marco Island YMCA
101 Sand Hill St, Marco Island
RSVP: CookingDemoYMCA.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: Call 239.624.2312 for location information

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, March 19, 2020

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, May 21, 2020

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

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, February 27, 2020

Time: 10 a.m.-12 p.m.

Location: Growth Management Dept., Main Conference Room
2885 South Horseshoe Drive, Naples

Date: Thursday, March 26, 2020

Time: 10 a.m.-12 p.m.

Location: Growth Management Dept., Main Conference Room
2885 South Horseshoe Drive, Naples

Date: Thursday, April 23, 2020

Time: 10 a.m.-12 p.m.

Location: Growth Management Dept., Main Conference Room
2885 South Horseshoe Drive, Naples



MOVE NATURALLY

BLUE ZONES PROJECT CELEBRATES 4th ANNUAL NATIONAL WALKING DAY

SATURDAY, APRIL 4TH • N. COLLIER REGIONAL PARK
WALK BEGINS AT 10:30 AM

Join Blue Zones Project to celebrate National Walking Day by moving naturally! Meet at the administrative building for a one mile walk through the park, followed by healthy snacks and prize drawings!

The event is free for all participants. [RSVP today at 4thAnnualNWD.eventbrite.com](https://4thAnnualNWD.eventbrite.com)

If you haven't signed up yet for **Track Your Trek**, it's not too late! Join over 500 Trekers in our community-wide step challenge to reach all 5 Blue Zones around the world. Celebrate your accomplishments with us on April 4th. Join now at TrackYourTrek2020.eventbrite.com