



BLUE ZONES PROJECT®

WINTER 2022



What Is Blue Zones Project?

Blue Zones Project launched in Southwest Florida in November 2015 and, to date, the project has impacted over 780 organizations and more than 275,000 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 generously 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 more than 45,000 people have participated in our well-being activities.

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 using the RealAge tool (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 **780** organizations + **275,000** people engaged

- 148 Worksites
- 102 Restaurants
- 77 Homeowners Associations
- 54 Schools & 19 Pre-Schools
- 3 Universities/ Colleges
- 37 Faith-Based Organizations
- 4 Grocery Stores
- 336 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

Digital Well-being

Blue Zones Project is now providing access to free tools and resources through the Sharecare online platform to help power your well-being. Starting with the RealAge health assessment, each person – no matter where they are in their health journey – is provided a customized well-being plan, challenges, and easy connection to information and evidence-based programs to help live their best (and youngest) life.

Visit bzpsouthwestflorida.sharecare.com or scan the code with your smartphone camera to access the online platform.



SCAN ME



"As we approach the finish line towards Blue Zones certification, I am truly grateful for the well-being impact made through the collaborative efforts of Blue Zones Project and our partners. The future of well-being in Southwest Florida holds great promise as we continue to harness the power of cooperation in support of our mission in helping everyone live longer, happier, healthier lives."

Paul Hiltz, President & CEO, NCH Healthcare System

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 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 boost their well-being.
- Some say you're as young (or old) as you feel. Have you used the RealAge tool to get an estimate of your body's “real age” and a customized well-being plan? Use the free tool 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
 Emmanuel Community Church
 Jubilee Fellowship of Naples
 Legacy Church Estero
 Mayflower Congregational UCC
 Naples Community Church
 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
 Unitarian Universalist Congregation of Greater Naples
 Unity of Naples

GROCERY STORES

Wynn's Market, Naples

HOA'S, CLUBS, AND RESIDENCES

Arbor Trace
 Ave Maria Master Association
 Bayfront
 Bonita Lakes
 Copperleaf
 Countryside Golf and Country Club
 Crystal Lakes RV Resort
 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
 Quail West
 Riverwoods Plantation
 Sapphire Lakes
 Stonebridge Country Club
 Tavira Condominium at Bonita Bay
 The Arlington of Naples
 The Community of Bonita Bay
 The Dunes
 The Glenview at Pelican Bay
 Tidewater by Del Webb
 TwinEagles
 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

OTHER ORGANIZATIONS (cont'd.)

Benison Center
 Beyond Motion
 BKS Yoga Studio LLC
 Be Well in Paradise
 Calusa Garden Club of Marco Island
 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
 Escape Hatch 2 Wellness
 Estero Body Bootcamp
 Estero Chamber of Commerce
 Estero Family Chiropractic
 EXP Realty - The Sprigg Group
 Fairways Inn of Naples
 Fit2Run
 Florida SouthWestern State College
 Fundamental Health Solutions
 GAIN (Growth and Improvement Never Ending)
 Ginsberg Eye Ophthalmology
 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 Noontime Rotary
 Marco Island Rotary Sunrise
 Marsh Paddlers
 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
 Newcomers Club of Marco Island
 New Horizons of Southwest Florida
 Oils are a Gift
 Our Daily Bread
 Our Yoga Place
 Pace Center for Girls
 Paradise Cycle Boat Cruises
 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
 Spark Health Technologies
 STARability Foundation
 Strand Sisters
 Sunshine State Podiatry
 SWFL Real Producers
 SWF UTK Alumni Chapter
 Swimtastic Swim Schools
 SYC Yacht Brokerage
 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
 Cafe Nutrients
 CJ's on the Bay, Marco Island
 Coast, Edgewater Beach Hotel
 Cosmos Ristorante & Pizzeria
 EE-TO-LEET-KE Grill - Seminole Casino Hotel Immokalee
 Fify's Caribbean Cuisine, Immokalee
 First Watch Granada Shoppes
 Foxfire Golf & Country Club (Private)
 Island Walk Bar & Grill
 Jason's Deli, Naples
 Juicelation, Naples
 K-Rico Mexican Grill
 LuLu B's Diner
 Mel's Diner, Naples

Naples Flatbread, Miromar Outlets
 Oakmont at The Vineyards (Private)
 Old 41 Restaurant, Bonita Springs
 Organically Twisted, Naples
 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 Bowl, Naples
 The Bowl, University Village
 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)
 Veranda E, Hotel Escalante, Naples
 Vyne House at Talis Park (Private)

PRE-SCHOOLS

Bears Den
 Camp Discovery
 Child's Path, Inc - Golden Gate
 Child's Path, Inc - Moorings
 Child's Path, Inc - Santa Barbara
 Gaynor Early Learning
 Guadalupe Center
 Naples Preschool of the Arts
 Pathways Early Learning Center
 Waves of Wonder

SCHOOLS

Barron Collier High
 Big Cypress Elementary
 Bonita Springs Charter
 Bonita Springs Elementary
 Calusa Park Elementary
 CCPS Alternative Schools
 Corkscrew Elementary
 Corkscrew Middle
 Golden Gate Elementary
 Golden Terrace Elementary
 Gulf Coast Charter Academy South
 Gulfview Middle
 Herbert Cambridge Elementary
 Immokalee Technical College
 Lake Park Elementary
 Lake Trafford Elementary
 Lely Elementary
 Lorenzo Walker High School & College
 Mike Davis Elementary
 Naples High
 Naples Park Elementary
 North Naples Middle
 Osceola Elementary
 Palmetto Elementary
 Pelican Marsh Elementary
 Pine Ridge Middle
 Pinecrest Elementary
 Poinciana Elementary
 Sabal Palm Elementary
 Saint Ann School
 Saint Elizabeth Seton Catholic School
 Sea Gate Elementary
 Shadowlawn Elementary
 Tommie Barfield Elementary
 Veterans Memorial Elementary
 Vineyards Elementary
 Village Oaks Elementary

COLLEGES & UNIVERSITIES

Florida Gulf Coast University
 Florida Southwestern, Collier

WORKSITES

Arthrex
 Artis-Naples
 Avow
 Blue Zones Project SWFL
 Bonita Springs Charter School
 Bonita Springs Elementary School
 Bonita Springs YMCA
 Boys and Girls Club of Collier County - Immokalee
 Bridging the Gap Physical Therapy
 CID Design Group
 City of Marco Island
 City of Naples
 Collier County Government BCC
 Community Health Partners
 Condee Cooling & Electric, Inc
 Countryside Golf and Country Club
 David Lawrence Behavioral Health Centers
 District School Board of Collier County
 Eagle Creek Golf and Country Club
 FineMark National Bank and Trust Naples Springs
 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
 Greater Naples YMCA
 Golf Club at Palmira
 Grace Place for Children and Families
 Guadalupe Center
 Gulfshore Concierge Medicine
 Gulfshore Insurance
 Health & Wealth Co.
 Healthcare Network of Southwest Florida
 Hodges University
 Immokalee Foundation
 Immokalee Water & Sewer District
 Lee County Public Schools Administration
 London Bay Homes
 Markham Norton Mosteller Wright & Company, P.A.
 Moorings Park
 Naples Botanical Garden
 Naples Coastal Animal Hospital
 Naples Players
 Naples Zoo
 NCH Healthcare System
 PBS Contractors
 Raymond James, Marco Island
 RCMA Immokalee
 Renaissance Center Club
 RGB Internet Systems Inc.
 Spectrum Concierges
 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
 Wintrust Bank
 Wyndemere Country Club

*Participating as of January 1, 2022

Want your organization to become Blue Zones Project recognized?

Register at SouthwestFlorida.BlueZonesProject.com

EXPERIENCE BLUE ZONES PROJECT IN SOUTHWEST FLORIDA...

Engaging Individuals to Live Longer, Better®



Did you know...

- People living in SWFL have an average RealAge that is **2 years and 9 months** younger than their chronological age.
- Since Blue Zones Project and partners began collaborating in 2015 to raise community well-being, risk factors that increase incidence of chronic diseases have dropped by **14.1%**, resulting in an estimated **\$190.2 million** in medical and productivity savings!
- Blue Zones Project has helped to attract more than **\$15.3 million** in grants to SWFL to help people live healthier and happier.

These accomplishments and more were shared on December 14th, at our 6th annual Year In Review event. This virtual celebration gives us an opportunity to thank our many champions and volunteers who are helping to make healthy choices easier in our community. The theme for this year's event was "INSPIRE" to honor these individuals and the more than 780 organizations that say yes to well-being in SWFL. Attendees heard inspiring stories from individuals and organizations who shared how they are incorporating well-being principles, and the ripple impact that occurs from that. We were joined by special guests, Anil Menon, Executive Vice President of Community & Urban Services at Sharecare Inc., and Paul Hiltz, NCH Healthcare System President & CEO and Blue Zones Project sponsor. They discussed the future of well-being and the exciting innovations and trends influencing the health and happiness of our community. Want to be inspired? Visit our website to view the recorded event.

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 54 schools and 19 pre-schools that are engaged with Blue Zones Project. Collier and Lee Public School Districts have been actively involved with Blue Zones Project. If there is one Power 9 principle that rises to the top at the Blue Zones Project Approved schools, it's Plant Slant. Most schools have incorporated a garden on their grounds where students are taught the basics of growing vegetables, as well as the nutritional benefits that go along with consuming them.



Child's Path - Santa Barbara has planted six smart gardens at their site in partnership with Calusa Farms. Children and parents are taught how to manage these gardens so that they can use them at home. Families are also provided recipe cards with healthy, plant-based ingredients that can be harvested from the gardens.



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.

Ave Maria Master Association recently celebrated becoming a recognized HOA at their Music in the Park event, one of their many fun-filled community events that represent their overall feel of big town convenience and small town connection.



Move Naturally was the main theme at **St. John the Evangelist Catholic Church** ribbon cutting celebration. Church member, trainer, and owner of MaxFlex Fitness (a Blue Zones recognized Organization), Nino Maggadino coincided his company's 10th anniversary

celebration with a fitness and wellness bash at the church's Pulte Family Life Center. Before the ribbon cutting, he led a high-intensity fitness class for attendees in the state-of-the-art gymnasium. There was also a pickleball clinic followed by a wellness expo featuring local well-being businesses and partners.

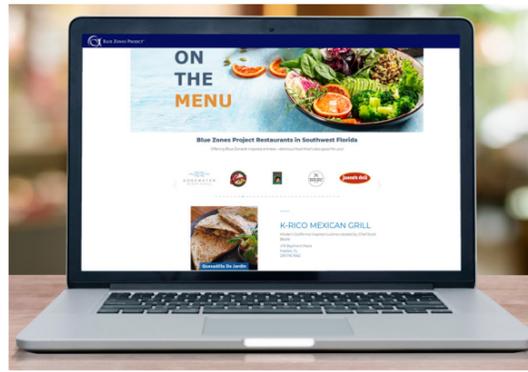
Creating Healthy Worksites

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. Did you know that in addition to certifying Blue Zones schools, we also certify schools as a worksite for committing to enhance well-being for faculty and staff? **Eden Park Elementary, Village Oaks Elementary, Bonita Springs Charter, Florida Southwestern - Collier, Golden Terrace Elementary, Corkscrew Middle, Tommie Barfield Elementary, Palmetto Elementary and Bonita Springs Elementary** are leading the initiative to focus on student and staff well-being through dual approval.



Restaurants Put Well-being On The Menu

There are currently 44 Blue Zones Project Approved™ restaurants in Southwest Florida answering the call from customers to put healthy options on the menu. In fact, a 2019 National Restaurant Association survey reports that 61% of consumers stated they ordered more healthful options at restaurants compared to years prior, and a Nielsen's Global Health & Wellness Survey reported that around 88% of consumers are willing to spend more on healthy food products. If your favorite restaurant is not already approved, connect them with us at shelby.jackson@sharecare.com. Everything we do to help them grow a healthy business comes free of charge thanks to our sponsor. We provide free coaching, menu design, printing, and marketing support to help them attract new customers and increase sales. Visit our **On The Menu** web page featuring our restaurants and photos of their Blue Zones® Inspired dishes (swfl.bluezonesproject.com/onthemenu). Be sure to look for the Blue Zones Inspired check mark logo when you visit and enjoy a delicious meal you can feel good about!



Grocery Stores Providing Healthier Options

Blue Zones Project is working with grocery stores and neighborhood markets throughout Southwest Florida to give customers more options to make healthier choices. This not only benefits customers, but also the grocery store business by offering cross marketing of Blue Zone foods that lead to increased sales and awareness. Blue Zones Project recently teamed up with local market, Latinos Meat & Produce, LLC for a produce coupon giveaway. Thirty-seven families stopped by the Blue Zones Project table outside the market and received a \$10 coupon towards the purchase of fresh produce. One lucky family was randomly selected to receive a \$100 gift card to Latinos Meat & Produce provided by Blue Zones Project. Connect your local grocery store or neighborhood market with bluezonesprojectswfl@sharecare.com and we will help them, free of charge, to grow a healthy business.



Policy Leaders Making Healthier Choices Easier in Southwest Florida

In the Fall of 2020 Blue Zones Project launched the **Food Policy Council (FPC)** under the **Southwest Florida Regional Planning Council (SWFRPC)** to create reliable access to healthy, affordable food for everyone. Recently, the SWFRPC was selected for the 2021 USDA Agricultural Marketing Service (AMS) Regional Food System Partnership (RFSP) grant in the amount of \$752,426 to implement the trademarked regional brand "SWFL Fresh: Choose Local, Choose Fresh." The trademarked regional brand will support the development of new markets for farmers, increase public knowledge of healthy, local food sources, and connect food producers to consumers. Blue Zones Project will contribute \$108,926 of the total project amount towards in-kind marketing services for the brand. The marketing campaign will expand markets, increase farmer profitability, and promote the local economy in our six-county region while exposing consumers to higher quality and healthier food. This includes expanding access to farmers' markets, farm stands, community supported agriculture, and farm-to-school initiatives. By supporting the creation of markets for locally produced foods with government subsidies and the adoption of tools that encourage healthy food choices among socially disadvantaged populations, we will improve food security for low-income individuals. "Blue Zones Project is thrilled to collaborate on this project and support the economic resiliency of local farmers while enhancing accessibility to fresh, local produce for our community," says Megan Greer, Policy Lead for Blue Zones Project.



The three-year project will be led by the SWFRPC in collaboration with University of Florida Institute of Food and Agricultural Services (UF/IFAS) Cooperative Extension Service and Tropical Research and Education Center (UF/TREC). The project partnership also includes Collier County Department of Health, Blue Zones Project Southwest Florida, Florida Gulf Coast University, Lee County Economic Development, Feeding Florida/Harry Chapin (along with other small/local food pantries and food banks), MEANS Database and Healthy Lee.

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**.



Wednesday, Jan. 12
3:00 p.m.-4:00 p.m.

Library Headquarters
2385 Orange Blossom Dr., Naples 34109
RSVP: BlueZonesProjectSWFL.EventBrite.com

Thursday, Jan. 20
1:00 p.m.-2:00 p.m.

Online Event
RSVP: BlueZonesProjectSWFL.EventBrite.com

Thursday, Feb. 10
2:00 p.m.-3:00 p.m.

Online Event
RSVP: BlueZonesProjectSWFL.EventBrite.com

Tuesday, Mar. 15
3:00 p.m.-4:00 p.m.

Marco Island Library
210 S. Heathwood Dr., Marco Island 34145
RSVP: BlueZonesProjectSWFL.EventBrite.com

Thursday, Apr. 14
4:00 p.m.-5:00 p.m.

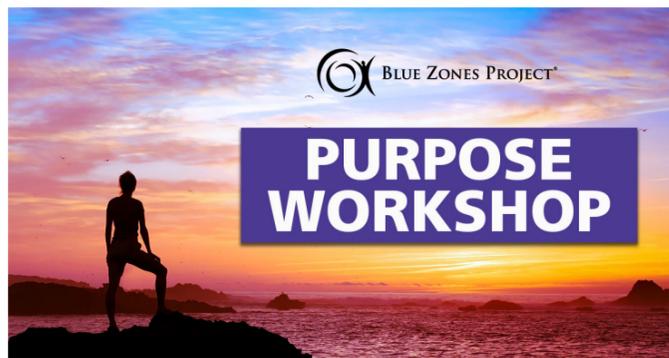
Online Event
RSVP: BlueZonesProjectSWFL.EventBrite.com

[View online recording](#)

LiveLongerBetter.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**.



Thursday, Jan. 20
5:00 p.m.-7:00 p.m.

Online Event
RSVP: BlueZonesProjectSWFL.EventBrite.com

Tuesday, Feb. 22
2:30 p.m.-4:30 p.m.

Online Event
RSVP: BlueZonesProjectSWFL.EventBrite.com

Wednesday, Mar. 16
5:00 p.m.-7:00 p.m.

Online Event
RSVP: BlueZonesProjectSWFL.EventBrite.com

Tuesday, Apr. 19
3:00 p.m.-5:00 p.m.

Online Event
RSVP: BlueZonesProjectSWFL.EventBrite.com

ONLINE POWER 9®

Blue Zones Project wants to unite Southwest Florida around a common goal: improving the well-being of our community. How? By offering free Power 9® well-being activities to help you live your healthiest and happiest life. Join all of our well-being activities online and in the comfort of your own home. We invite individuals, homeowners associations, worksites, schools, and faith-based organizations to participate.



- Move naturally with our Fitness and Pilates series
- Down shift with Tai Chi and Yoga classes
- Join your right tribe with Well-Being talks
- Watch a Smoothie or Cooking Demonstration and learn delicious plant slant recipes!
- Join the latest well-being challenge

Register today to see our latest Power 9 videos at BlueZonesProjectSWFL.EventBrite.com, or see our full library of past episodes at swfl.bluezonesproject.com/onlinepower9.



take the
RealAge
Test



DISCOVER YOUR RealAge

START YOUR JOURNEY TO WELL-BEING

DISCOVER how old you really are based on factors like what you eat, your activity, your health history, and how you sleep. Then set goals to lower or maintain your RealAge®.

TRACK healthy habits each day like walking, stress reduction, and eating nutritious meals.

IMPROVE your health and lower your RealAge by making small changes. Take years off your RealAge with personalized plans to increase your energy, sleep better, and create a happier, healthier life!

bzpsouthwestflorida.sharecare.com

live longer, better®