The Blue Zones Approach to Healthy Living

(Learn the 9 Lessons for Living Longer from the Blue Zones Inhabitants who have lived the longest! Adapted from the newly released, highly anticipated book – The Blue Zones Solution)

Discover:
✓ The eating and lifestyle habits of the world’s healthiest and longest living people.
✓ How to take small steps to create a healthier environment leading to a long-term healthier life.
✓ Strategies to help adopt the lifestyles of the Blue Zones inhabitants.

Presenters: Heather Fox and Shree Mohanty, MS, RD.

Thursday, April 16, 2015, 12:30 to 1:30 p.m. CT
The Adobe Connect Link: https://hrsa.connectsolutions.com/sdoh/

Please e-mail Shree Mohanty by Friday, April 10th to inform her that you will be attending the session.