

BETTER YOU

BLUE ZONES: LIVE BETTER, LONGER

Florida Blue 

BetterYou

Join us to learn about the Blue Zones – the world's longest-lived cultures. We will reveal longevity secrets along with 9 common characteristics that have allowed the people in these areas to live to a healthy 100. Most of us have the capacity to live well into our early 90's without chronic disease. Discover how to put the Blue Zones lifestyle habits to work for you.

Presented by Florida Blue and

Date:

Time:

Place:

Contact:

To register for the event, visit:

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ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-352-2583 (TTY: 1-877-955-8773).

ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele 1-800-352-2583 (TTY: 1-800-955-8770).

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