



BLUE ZONES PROJECT

LIVE LONGER BETTER[®]

MONTEREY PENINSULA

Blue Zones Project is a community well-being initiative that's designed to unite our worksites, grocery stores, restaurants, schools, city leaders, and residents toward one common goal: making healthy choices easier.

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JOIN US to hear national speaker, Tony Buettner, share the history of Blue Zones and how the research of the world's longest-lived cultures is creating a blueprint for well-being across America.
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Blue Zones Project Community Keynote Presentation

**Monday, Feb. 24
6:00 p.m.**

Monterey Tides
2600 Sand Dunes Dr.
Monterey, CA 93940



OTHER OPPORTUNITIES TO GET INVOLVED:

Wine @ Five

FEB. 24 | 5:00PM | Monterey Tides

Community Transformation Presentation

FEB. 25 | 9:30AM | Monterey Tides

Community Input Sessions

FEB. 25 | 11:30AM & 1:00PM | Monterey Tides

>>> RSVP: go.bluezonesproject.com/monterey-peninsula

BROUGHT TO YOU BY THE FOLLOWING SPONSORS:

