

# HEALTHY LIVING

## FGCU hosts free clinic for amputees

The Department of Rehabilitation Sciences at Florida Gulf Coast University holds a free clinic for amputees from 9 a.m. to noon Saturday, Nov. 12, at the university. Amputees and their family members are welcome.

Activities include: prosthetic check-ups, information on adaptive sports, walking more efficiently, personalized strength training, pool exercise demonstration, area resources, balance assessment, dietary and skin care and a running clinic.

For more information, call Vern Swanson at 590-7553 or Melinda Coffey at 590-7530. ■

## Lee Health doctors discuss lung issues

Lee Health's Healthy Life Center at Coconut Point in Estero presents an overview about lung cancer screenings by Shipley Cardiothoracic Center from 5-6 p.m. Thursday, Nov. 17. Cardiothoracic surgeon Paul DiGiorgi, pulmonologist and sleep specialist Raymond Santucci and radiologist Sharik Rathur will discuss various topics to help educate those with COPD, lung cancer and other respiratory ailments. Attendance is free. To sign up or for more information, call the Healthy Life Center at 495-4475 or email HealthyLifeCenter@LeeHealth.org. ■

## Conference set for survivors of suicide

The 2016 International Survivors of Suicide Loss Day conference takes place from 10:30 a.m. to 1:30 p.m. Saturday, Nov. 19, at Florida Gulf Coast University. Naples resident and mental health advocate Deena Baxter, author of "Surviving Suicide: Mending the Family Tree with Heartache, Art and Humor," will be the guest speaker.

Everyone who makes a donation to the American Foundation for Suicide Prevention will receive a copy of Ms. Baxter's book.

The conference is open to the public. Registration is required. Call Jill Harrington at (561) 392-7877 or email jharrington@afsp.org. ■

## Blue Zones Project Southwest Florida shines at summit with Wynn's and the city of Naples

SPECIAL TO FLORIDA WEEKLY

Blue Zones Project Southwest Florida earned special recognition during the second annual Blue Zones Project® National Summit held recently in Fort Worth, Texas, that brought together leaders and influencers passionate about transforming the health and well-being of their communities. Blue Zones Project, a growing nationwide well-being improvement initiative, is helping communities optimize the places people live, work, and play to make healthy choices easier.

Southwest Florida has been involved in the initiative since 2015 and received the Leadership in Grocery Stores award and the Leadership in Healthy Workplace Environments award for its work with Wynn's Market and the city of Naples, respectively.

When Wynn's Market added Blue Zones Project-inspired entrees to its grab-n-go section, customers wanted more, so the store created an entire Blue Zones Project grab-n-go section with more than 25 offerings. The market has experienced a 5 percent boost in produce sales as well as increases in overall sales and customer counts.

The city of Naples became a Blue Zones Project Approved Worksite in October by offering healthier items in vending machines and creating videos to encourage employees to do desk exercises and move naturally throughout their day. In addition, Mayor Bill Barnett initiated Food Cart Fridays, where a department passes along healthy snacks to another department each Friday.

"It is really exciting to see community leaders work together to meet the challenges associated with obesity and chronic disease in America head-on," says Katrina Worlund, vice president of Blue Zones Project. "With this honor, Blue Zones Project Southwest Florida demonstrates its commitment to innovative thinking and shares in the vision of making communities across the nation healthier."

During the summit in Texas, champions from more than 30 Blue Zones Project communities across eight states heard from national experts including Dan Buettner, Blue Zones Project founder and National Geographic Fellow, and Dr. Michael Greger, a *New York Times* best-selling author and



COURTESY PHOTO

At the Blue Zones National Summit in Fort Worth, Texas, Marcy Ricciardi, Chante Pemberton, Kate Walter, David Longfield-Smith, Rae Woods, Bree Fung and Dr. Allen Weiss accept an award on behalf of the Blue Zones Project Southwest Florida team.

internationally recognized speaker on nutrition, food safety and public health issues.

"Leaders in Blue Zones Project cities are on the front lines of community transformation using a strategic, environmental approach to improvement well-being," said Mr. Buettner. "In addition to having healthier citizens, communities benefit from lower health-care costs, less chronic disease and improved productivity."

For Blue Zones Project Southwest Florida the recognition is one to be shared and celebrated across the community, at schools, worksites, restaurants and grocery stores that have joined the Blue Zones Project movement and with individuals who incorporate Blue Zones Project principles into their daily lives.

"This is a recognition of the commitment our community has made to enhancing the well-being of its citizens, and a testament to the community leaders and volunteers who are making that promise a reality," said Dr. Allen Weiss, CEO of NCH Healthcare System. "We are at the forefront of a well-being movement that is gaining

traction across the country, and we will continue our work to become one of the healthiest communities in the nation."

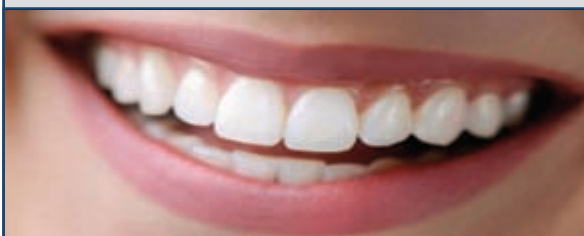
Established in 2010, Blue Zones Project is designed to make healthy choices easier through permanent changes to a city's environment, policy and social networks. It is inspired by Mr. Buettner's work that identified five regions of the world — or Blue Zones — with the highest concentration of people living to 100 years or older. Blue Zones Project incorporates his findings and works with cities to implement policies and programs that will move a community toward optimal health and well being.

To date, 31 communities in eight states have joined Blue Zones Project, impacting more than 2 million Americans. In addition to Southwest Florida, the movement includes three beach cities in California; 15 cities in Iowa; Albert Lea, Minn.; Fort Worth, Texas; and communities in Hawaii, Wisconsin and Oregon.

For more information, visit [www.bluezonesproject.com](http://www.bluezonesproject.com). ■

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