

# What's your purpose? Workshops help you search

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Do you know your purpose?

Officials with the Blue Zones Project of Southwest Florida want to help you find your purpose in life, if you don't know what it is yet.

Having a sense of purpose, a reason

for getting up in the morning, can add up to seven years on to your life, according to the health and wellness initiative.

The Blue Zones Project, introduced to the region in 2015 with the goal that people make incremental changes in their lives to be healthier, is hosting five "purpose workshops" this week

and anyone in the community is welcome to attend.

All of the workshops will be held at the NCH North Naples Hospital, in the Baker Tower conference room. The address is 11190 Health Park Blvd.

To RSVP, go to [BlueZonesProjectSWFL@Healthways.com](mailto:BlueZonesProjectSWFL@Healthways.com) or call at 239-624-2312.

Here is the schedule.

- » Thursday, March 9, 4 p.m. to 6 p.m.
- » Saturday, March 11, 10 a.m. to noon.
- » Saturday, March 11, 1:30 p.m. to 3:30 p.m.
- » Sunday, March 12, 10 a.m. to noon.
- » Sunday, March 12, 1:30 p.m. to 3:30 p.m.