

Blue Zones Project hosting two workshops

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Southwest Florida residents and business owners who want to learn about the Blue Zones Project initiative can attend a workshop about why good health can help with their outlook in life and business prospects.

Local leaders with the healthy lifestyles and longevity initiative will be hosting a “purpose” workshop June 15. A second workshop is scheduled for June 21 as a “worksite” summit to showcase what the initiative can do for businesses and employees.

The “purpose” workshop is designed to help people reconnect with activities that bring personal meaning into their lives, whether nurturing a latent talent or tackling something else that’s been on a wish list.

The two-hour free workshop will be from 5:30 to 7:30 p.m. at NCH North Naples Hospital, 11190 Health Park Blvd., North Naples. To attend, RSVP at Bluezonesprojectsfl@healthways.com or call 624-2312.

Having purpose in life is one of the “Power 9” principles of the Blue Zones Project — that waking up each day with a sense of purpose can add seven years to one’s life.

The “Power 9” is the framework of the Blue Zones project where its founder, Dan Buettner, identified how people who live long lives, often to 100, share the principles which include eating a plant-slant diet, moving naturally, taking part in a faith-based group, putting family first, enjoying a glass of wine each day, taking time to downshift and others.

Buettner was an explorer for National Geographic when he realized how these traits are shared by residents in communities worldwide.

He wrote a book in 2010 which became a New York Times bestseller and founded the project with consultants from the company, Healthways, doing groundwork in communities to engage in grassroots campaigns to become Blue Zones communities. It involves making small changes in daily activities in businesses and beyond to promote healthier lifestyles.

The second workshop scheduled for June 21 is a worksite summit, designed for businesses to learn how they can promote a healthier workplace and the end result is happier employees, heightened productivity and reduced health care costs.

The worksite summit will meet at Heritage Bay Country Club, 10154 Heritage Bay Blvd., from 8:45 a.m. to noon.

Besides learning about healthier choices, the event will a complementary breakfast, healthy cooking demonstration and networking opportunities.

To register for the worksite summit, send an email to Bree.Fung@Healthways.com or go to <https://eventbrite.com/e/blue-zones-project-worksite-summit-tickets-33409067420>.

Currently, 42 communities in nine states are engaged in Blue Zones campaigns to get healthier, in addition to Okinawa, Japan; Sardinia, Italy; Ikaria, Greece and elsewhere outside of the U.S.

For more, go the Blue Zones Facebook page at www.facebook.com/BlueZonesProjectSouthwestFlorida.