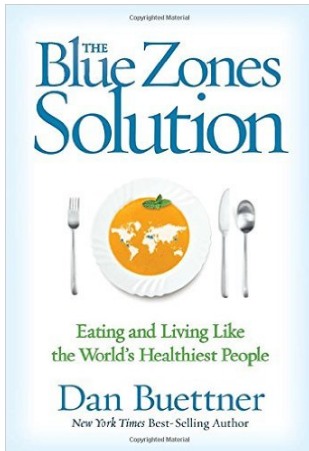


IFAS Extension
Wakulla County Extension

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“What if I said you could add up to ten years to your life? A long healthy life is not an accident. It begins with good genes, but it also depends on good habits. If you adopt the right lifestyle, experts say, chances are you may live up to a decade longer. So what’s the formula for success? In recent years researchers have fanned out across the globe to find the secrets to long life. Funded in part by the U.S. National Institute on Aging, scientists have focused on several regions where people live significantly longer. Residents of these places produce a high rate of centenarians, suffer a fraction of the diseases that commonly kill people in other parts of the developed world, and enjoy more healthy years of life. In sum, they offer sets of best practices to emulate. The rest is up to you.”

Quote from *THE Blue Zones Solution*

Would you like to know more? Shelley Swenson, UF-IFAS Wakulla County Extension Agent will discuss the findings in a book study to review the research.

Setting: UF/IFAS Wakulla County Extension Office, 84 Cedar Avenue, Crawfordville
Dates: Tuesdays in August, 2016 (August 9, 16, 23, and the 30th)
Times: 2 – 3:30 p.m. and 6:30 to 8 p.m. (repeat sessions)
Free

Week One: **Discovering the Blue Zones: Greece, Japan, Italy, California, and Costa Rica**
Week Two: **Making an American Blue Zone**
Week Three: **Building Your Own Blue Zone**
Week Four: **Blue Zone Recipes**

Want to know more or to join the discussion? Contact Shelley Swenson, FCS Agent, Wakulla County at sswenson@ufl.edu. For planning purposes please register by **August 2nd**.

A few books are available for check out at the library or invest in your own copy and have the ability to highlight and write in the book. 😊