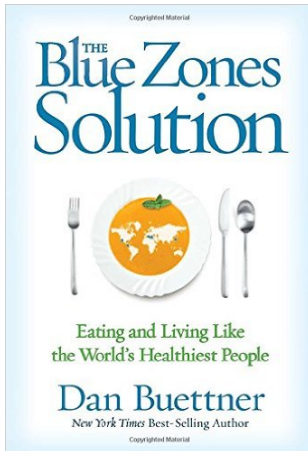


IFAS Extension
Wakulla County Extension

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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 review.

Locations

The New Posh
3079 Crawfordville Highway, Crawfordville
Dates: October 17, 24, 31 and November 7
Times: 12:15 – 1:45 p.m.

UF-IFAS Wakulla County Extension
Room One, 84 Cedar Avenue, Crawfordville
Dates: October 18, 25, November 1 and 15
6:30 to 8 p.m. (repeat session)

Free class (Contributions accepted for room use, optional)

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 Featuring a Potluck Meal**

Want to know more or join the discussion? Contact Shelley Swenson, FCS Agent, Wakulla County at sswenson@ufl.edu. For planning purposes please register by **October 14th**.

A few books are available for check out from my office or invest in your own copy and have the ability to highlight and write in the book. ☺ **Please purchase the book featured above; not the other version of the book!**

Can you imagine Wakulla County being a place where we have a culture in our communities “supported by conscientious leaders committed to creating a healthier environment of those citizens.”

“It’s easier for people in those towns to stay healthy because they live in a place that supports them rather than constantly undermines them.”

Dan Buettener, author of *THE Blue Zones Solution*

I think we have some very positive people in leadership roles in Wakulla County. Let us assist with encouraging them to make choices that are positive for those of us who live here in regards to our health and well-being.

Shelley Swenson