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10:00 AM - 11:00 AM

📍 CENTRAL BAPTIST CHURCH

Blue Zones: Living Well Class

Join Rebecca Wallace for a few weeks to walk through the findings and commonalities of the Blue Zones. Participate in group discussions on how they align with biblical principles, and explore together how we might adopt some of the habits of the world's longest living and healthiest people. If you want to get a glimpse of what Blue Zones are, check out [BlueZones.com](https://www.bluezones.com). And if you really want to get excited about it, watch the Netflix 4-part series "Live to 100: Secrets of the Blue Zones". (Neither of these are required to join the Living Well sessions). Disclaimer: Rebecca is not trained in anthropology, medicine, or nutrition, she just has a strong fascination for the Blue Zones as explained by Dan Buettner and a strong desire to explore them more deeply with a circle of friends.