



Healthy Lunch Ideas for School & Work

Sunday, August 26, 2018, 2:00 PM
LINCOLN BETTER LIVING CENTER
600 McBean Park Drive ~ Lincoln



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BlueZone Cooking Class

*Learn How the Healthiest
People in America Live.*

Now You can Live like that Too!

RESERVE YOUR SEAT TODAY

916-846-4449

BRING YOUR APPETITE AND TASTE BUDS

MAP



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So What's a BlueZone?

There's something big happening around the world. People are living to be 100 years old and beyond. And not only are they living to this age, they're also extremely healthy. For centuries, certain cultures have been living a lifestyle that has been proven to extend their lives.

There are five places on earth which have the highest percentage of people who live to a healthy and happy 100 years. They're called the "Blue Zones" by National Geographic author Dan Buettner, who has explored their secrets to a thriving longevity in his book, "The Blue Zones Solution: Eating and Living Like the World's Healthiest People."

"Individuals get lucky, but populations don't," Buettner has stated in interviews with TODAY, CNN and Dr OZ. "There's too many people to chalk it up to collective luck, or even genes," says Buettner. People can learn to live healthier lifestyles when they implement the cornerstone of all these longevity diets."

No matter where people live, these foods provide vitality: beans, garden vegetables, whole grains, fresh fruit and nuts. "They know how to make them taste good and they know how to optimize them for their health," Buettner said.

Imagine the opportunity to examine the best practices of the All-Stars of Longevity and learn and share their secrets. It's an opportunity to make lifestyle changes that can prevent or reverse lifestyle disease, energize you and transform your future. Living like you're in a BlueZone to a Healthy 100 is not a warranty or guarantee —it's an opportunity to gain or regain health.

It's never too late to start living like the people of the "Blue Zones," Buettner believes. "You can be 90 years old and go plant-based and you'll add to your life. It's not as hard as some might believe, once you've tasted it."

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