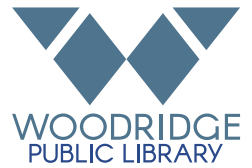


**LIVE LONGER, HAPPIER & HEALTHIER:**  
**SECRETS FROM THE BLUE ZONE**  
**THURSDAY, APRIL 6, 7 P.M.**  
**ADULTS**



A Blue Zone-inspired snack and tea will be shared along with handouts including "9 Best Snacks Eaten by the Longest Living People in the World."



World adventurer and registered nurse Joan Davis will share great tips for incorporating Blue Zone strategies into our daily life. The Blue Zones are areas of the world where people are Known to live into their 100s. We'll talk about what foods to eat, how to Keep moving, and what daily habits will help YOU live vibrantly into your 90s and beyond.

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