

**Fallbrook Regional**  
HEALTH  DISTRICT



**PREVENT THE PREVENTABLE**

FOOD IS MEDICINE · EXERCISE IS MEDICINE

**Please join us for a special presentation  
by a Blue Zones® speaker.**

**WHEN: Wednesday, April 11, 2018**

**5:00 p.m. – 6:00 p.m.**

**WHERE: FPUD – 990 E. Mission Road,  
Fallbrook, CA 92028**

**WHY: New District Vision**

**NEW VISION:**

**Fallbrook Regional Health District will work with  
its residents and organizations to become a  
designated Blue Zone by the year of 2022.**