



# Live Longer, Better<sup>®</sup> FALLBROOK REGIONAL HEALTH DISTRICT

Bonsall, De Luz, Fallbrook, and Rainbow are exploring something big. It's a well-being initiative called Blue Zones Project that's focused on bringing worksites, grocery stores, restaurants, schools, faith-based organizations and residents like you together for a common goal: **making healthy choices easier.**

# BLUE ZONES PROJECT SITE VISIT

*All events will be held at the NEW Fallbrook Regional Health District Wellness Center  
1636 E. Mission Rd., Fallbrook, CA 92028.*

## **TUESDAY, MAY 22:**

### **BLUE ZONES PROJECT KEYNOTE**

6:00 p.m. *Hear how Blue Zones Project can help improve well-being for all individuals and organizations!*

## **WEDNESDAY, MAY 23:**

### **COMMUNITY TRANSFORMATION PRESENTATION**

9:30–11:00a.m. *Learn more about how Blue Zones Project transforms communities and measures results.*

### **FOCUS GROUPS**

11:00 a.m.–12:30 p.m. – Community Policy, Worksites

1:00–2:30 p.m. – Engagement & Faith-Based, Schools

*Join a small group discussion to provide strategic counsel on our community's current state of well-being.*

### **WINE @ 5**

5:00p.m. *A casual reception to enjoy healthy refreshments and interact with Blue Zones Project experts.*

**RSVP & Learn more:**

[go.bluezonesproject.com/FallbrookRegional](https://go.bluezonesproject.com/FallbrookRegional)

