

Blue Zones Project is a community well-being initiative that's designed to unite our worksites, grocery stores, restaurants, schools, and residents toward one common goal: making healthy choices easier.

Join us to hear how Blue Zones Project can help improve well-being for all individuals and organizations across the allbrook Region!



Blue Zones Project Presentation

Tuesday, May 1

**allbrook Regional Health
District Wellness Center
1636 E. Mission Rd.,
allbrook, CA 94001**

6:00 p.m.

Wine @ 5

Wednesday, May 2 -- 5:00 p.m.

Join us to enjoy refreshments and healthy snacks while learning more about Blue Zones Project from their expert staff team.