

Join

AAUW Tarrant County Branch



Wednesday, April 15, 2015

5:30 Registration and Social 5:45 Dinner and Branch Meeting 6:45 Program

The Stayton, 11th Floor, 2501 Museum Way, Fort Worth



BLUE ZONES PROJECT: MAKING THE HEALTHY CHOICE THE EASY CHOICE

Community Relations Coordinator Shirley Brady



Blue Zones Project is a community-wide well-being improvement initiative designed to make healthy choices easier. We do this by encouraging sustainable changes in our built environment and social networks, often suggesting policy changes throughout our community including such places as worksites, schools, restaurants, grocery stores and neighborhoods. By helping people live longer and better through environmental change, communities can lower healthcare costs, improve productivity, and enjoy a higher quality of life as they live, work, learn, play and grow. The program is based on principles identified during an either-year worldwide longevity study commissioned by National Geographic and detailed in the New York Times bestseller, *The Blue Zones: Lessons for Living Longer from the People Who've Lived the Longest*, by Dan Buettner. The privately funded project comes to Fort Worth at the invitation of Texas Health Resources, Mayor Betsy Price, and the Fort Worth Chamber of Commerce.

www.BlueZonesProject.com www.Healthways.com

Click [here](#) to reserve using our PayPal link, or mail check written to "AAUW TCB" to Peggy Hendon, 4508 Ridge North Road, Fort Worth, TX 76126.

Dinner: \$20 Reservations due by Sunday, April 12 by 6:00pm.

Late registration: \$22

Directions: From I-30 take Summit exit. Turn left (West) on 7th Street. Cross the bridge over Trinity River. Turn left (south) on Museum Way. Follow the street behind the Residence Inn. The Stayton is on the left. Proceed to the main entrance. Walk past the concierge's desk to the right and take an elevator to the 11th floor. Go down the hallway to the right to the Sky Lounge. **We encourage carpooling. Parking is in the front parking lot, on the street, and to the left side of The Stayton. Please do not park at Residence Inn. Towing is enforced.**