



BLUE ZONES PROJECT

LUNCH & LEARN

Wednesday, July 14th

NOON HOUR (12:10 - 12:55)
in the YMCA Boardroom

YMCA
MEMBERSHIP
NOT REQUIRED
TO ATTEND

SPECIAL GUEST SPEAKER Katie DePonty



"Taking time to relax and reduce stress is important to a healthy lifestyle. A few of the ways I do this on a regular basis is reading, going for a walk or enjoying a glass of wine while catching up with a close friend or family member. This power nine could be different each day depending on what you're needing to reduce your stress; what's important is making the time." -Katie DePonty

DOWN SHIFT

Stress leads to chronic inflammation, associated with every major age-related disease.

What the world's longest-lived people have that we don't are routines to shed that stress.

Power 9 – Blue Zones



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