

PRESS RELEASE



CHISAGO LAKES

Reaching the final round of the America's Best Community (ABC) \$3,000,000 competition has ignited many health and well-being initiatives in the Chisago Lakes Area. The Quality of Life Team (comprised of many organizations, sectors, and citizens formed from the ABC competition) will host national spokesperson, Tony Buettner (of the Blue Zones) to inform the Chisago Lakes Area and engage in discussion about the benefits of becoming a Blue Zones community.

A number of communities across the United States have become or are engaged in becoming a Blue Zones community. The Blue Zones Project grew out of the efforts of researchers from the National Institute on Aging and other research institutes and universities to understand why certain parts of the world have a disproportionate number of people living healthy, active lives well into their 90s and beyond. Journalist Dan Buettner worked with these researchers, distilling their results into nine key principles, subsequently launching an initiative to transform cities based on the research findings.

In order to implement a Blue Zones Project, collaboration is essential and necessary between citizens, schools, employers and community partners to re-imagine how we can work together to implement evidence-based strategies that will create a more active and connected community with a healthier food system. The impact the Blue Zones Project has had on the economic vitality of other communities has been insurmountable.

The Quality of Life Team invites you to attend the Chisago Lakes Area **Blue Zones Rally on Wednesday, September 14th, 2016**, from **6:00 – 8:00 p.m.** at the **Chisago Lakes High School Performing Arts Center**.

6:00 – 6:30 pm	Meet and Greet/Social
6:30 – 7:15 pm	Tony Buettner provides an overview of the Blue Zones Project and describe what becoming a Blue Zones community entails
7:15 – 8:00 pm	Community discussion to help ascertain whether we, as a community, are interested in collaborating in the effort of becoming a Blue Zones Community

We urge you to join us in this pivotal conversation as next steps are determined for the Chisago Lakes Area. We would like to recognize Chisago Lakes Community Education and express sincere gratitude for sponsoring the speaker and bringing this monumental community transformation event to the Chisago Lakes Area.

We look forward to seeing you on September 14th for this important and engaging discussion. Refreshments will be served. Please email clacc@frontiernet.net or call 651-257-1177 to reserve your seat(s).

