



BLUE ZONES PROJECT

LIVE LONGER BETTER®



BLUE ZONES PROJECT LAKE COUNTY COMMUNITY KICKOFF AT HOPE4HEALTH

Free Admission · Fun Family-Friendly Activities
Free Food · Free Giveaways · Free Live Concert
Free Health Screenings · Chances to win prizes

Wrap up your day with the Hope in the Park Concert.
Bring your chairs and blankets to enjoy the uplifting
music by Unity Voices on the green.



**SATURDAY, MAY 14
10AM – 5PM**

Austin Park,
Clearlake, CA

Hear featured guest speaker, Nick Buettner, share about the original blue zones and Blue Zones Project story to learn how lifestyle principles like Move Naturally, Eat Wisely, and Purpose can lead to a longer, better life.

Discover how you can get involved in transforming Lake County into a community where healthy choices are easier for everyone!

FREE FAMILY-FRIENDLY COMMUNITY EVENT!



Scan with your phone camera to learn more and RSVP, or visit

lc.bluezonesproject.com/community-kickoff

POWERED BY

AdventistHealth

Hope4Health

Hope in the Park
CONCERT

thank you to our featured sponsor:

Redbud Health Care District