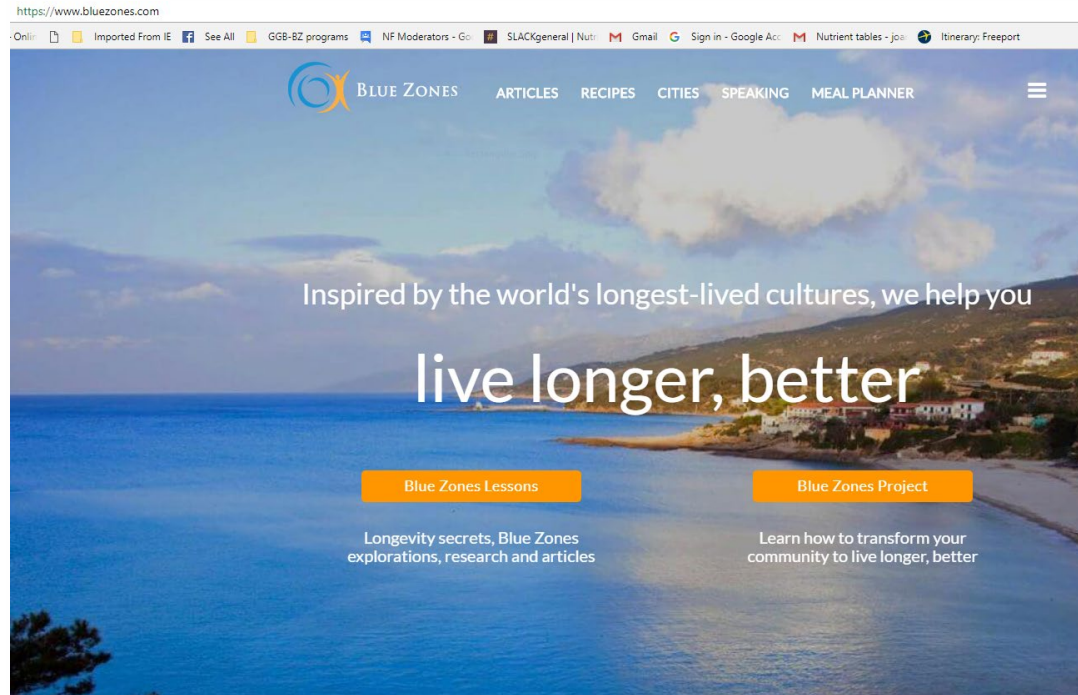


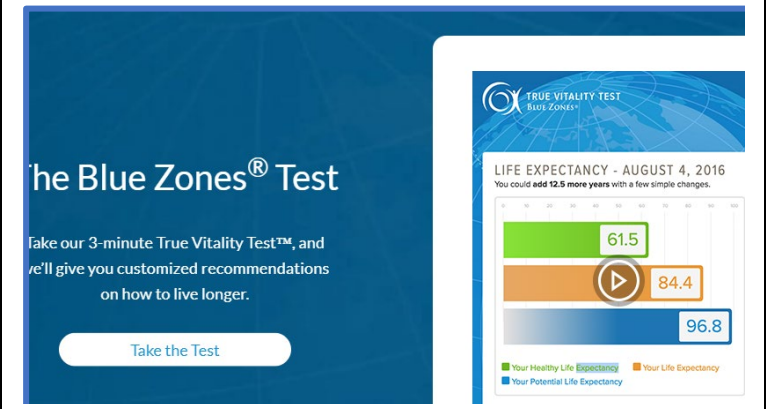
Blue Zone resources:

Main website: www.bluezone.com



Take the Blue Zones free test:

<https://www.bluezones.com/live-longer-better/#section-3>



Checklists: <https://www.bluezones.com/live-longer-better/checklists/checklist-home/>

Instructor for Blue Zone Course:

Joan L. Davis, RN, MS

Plant-based Nutrition Certificate - eCornell and
T.Colin Campbell Center for Nutritional Studies

To learn more about Joan's other programs go to www.plantbasedjoan.com

To learn more about healthy whole food plant-based nutrition check out this website:

Plant based Nutrition Movement

www.PBNM.org

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- Join the [Blue Zones Life Facebook Group](#) to connect with other people taking the challenge.

Check out CHECKLISTS & the Blue Zone CHALLENGE -4 weeks to a healthier you !