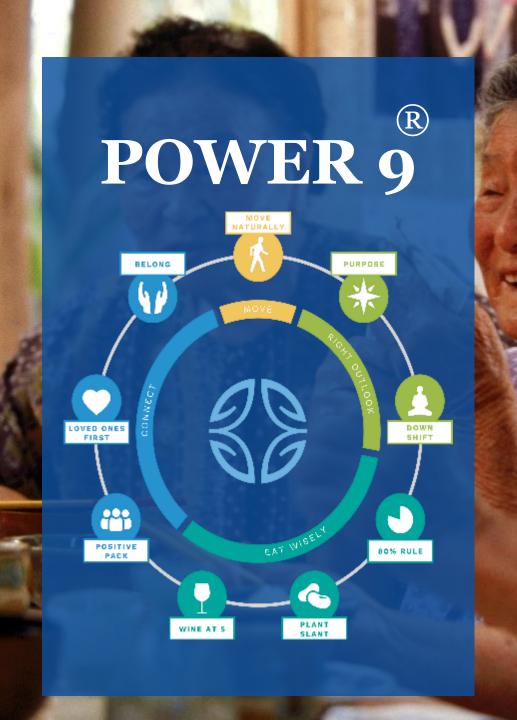


### **BLUE ZONES PRESENTATION**

Park and Recreation Commission September 15, 2025





# The Original Blue Zones

Loma Linda, CA
Ikaria, Greece
Okinawa, Japan
Nicoya, Costa Rica
Sardinia, Italy



## What is Blue Zones Project Riverside?

























People

**Places** 

**Policy** 









### **Get Involved!**



Volunteer with us!



Secrets of the Blue

Zones on Netflix!





# Take the Personal Pledge!





#### **Contact Us**



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