



# COUNTY OF SAN DIEGO NEWS RELEASE

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## **BLUE ZONES AUTHOR KEYNOTES VITAL AGING CONFERENCE**

*County's Aging & Independence Services Spotlights 'Keeping in Step with Your Health'*

Dan Buettner, an internationally-recognized researcher, explorer, and author of *The Blue Zones*, will be the keynote speaker at the County's Vital Aging: Keeping in Step with Your Health conference from 9 a.m. to 2:30 p.m. Friday, June 3, at the Liberty Station McMillin Center, 2875 Dewey Rd., San Diego. A companion event will be held at the same time at the Carlsbad Senior Center, 799 Pine Ave.

"Our County health team is always looking for ways to assist the public in improving their health and well-being," said Bill Horn, Chairman, San Diego County Board of Supervisors. "This event is another opportunity to present information about ways to increase life expectancy, reduce absenteeism and lower health costs."

Buettner and his team of researchers have traveled across the globe to discover what he calls "Blue Zones" — hotspots of human health and vitality. Working with the National Institute on Aging, he identified five small populations with the world's highest life expectancy. Then he isolated the common denominators that explain extraordinary longevity: What is the optimal diet for making it to a healthy age 90? Should you be running marathons or doing yoga? What supplements work? Does stress really shorten your life?

Buettner debunks the most common myths and offers a science-backed blueprint for the average American to live an additional 12 quality years. He takes you into the world's five Blue Zones, tells stories and teaches how to get more life from your years and more years from your life. His second book "Thrive — Finding Happiness the Blue Zones Way," was released in October.

The Vital Aging Conference is a biennial event, coordinated by the San Diego County Health and Human Services Agency's Aging & Independence Services. This event will also feature walking tours, health screenings and exercises, free lunch and giveaways.

"The Vital Aging Conference is an important event for the County's Live Well, San Diego! initiative," said Nick Macchione, Director, San Diego County Health and Human Services Agency. "Supporting healthy choices is one of the goals of the initiative, and the Blue Zones presentation as well as the focus on walking, fitness and healthy eating directly addresses this important issue."

Reservations are required for the free Vital Aging Conference; RSVP at **1-877-926-8300**. For more information, visit [www.walkhealthysandiego.org](http://www.walkhealthysandiego.org). The event is also sponsored by AARP, Humana, Healthways Silver Sneakers, North County Community Action Network (NorCAN) and the Carlsbad Senior Center.

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