

# Community Screening and Discussion: Live to 100: Secrets of the Blue Zones

Join us to view, and discuss, a 4-part documentary featuring Dan Buettner as he discovers five unique communities where people live long and vibrant lives.

Dan Buettner, is an explorer and best-selling author who has studied Blue Zones for over 20 years. This documentary showcases five regions across the globe with the highest number of centenarians, or people who live to 100.

**All screenings will be held at  
The Louis T. Graves Memorial Public Library  
9-10:30 AM in the Community Room**

## Dates of Screenings:

Wednesday, Oct. 4<sup>th</sup>: The Journey Begins

Thursday, Oct. 12<sup>th</sup>: An Unexpected Discovery

Wednesday Oct. 25<sup>th</sup>: The End of Blue Zones?

Thursday Nov. 2nd: The Future of Longevity

