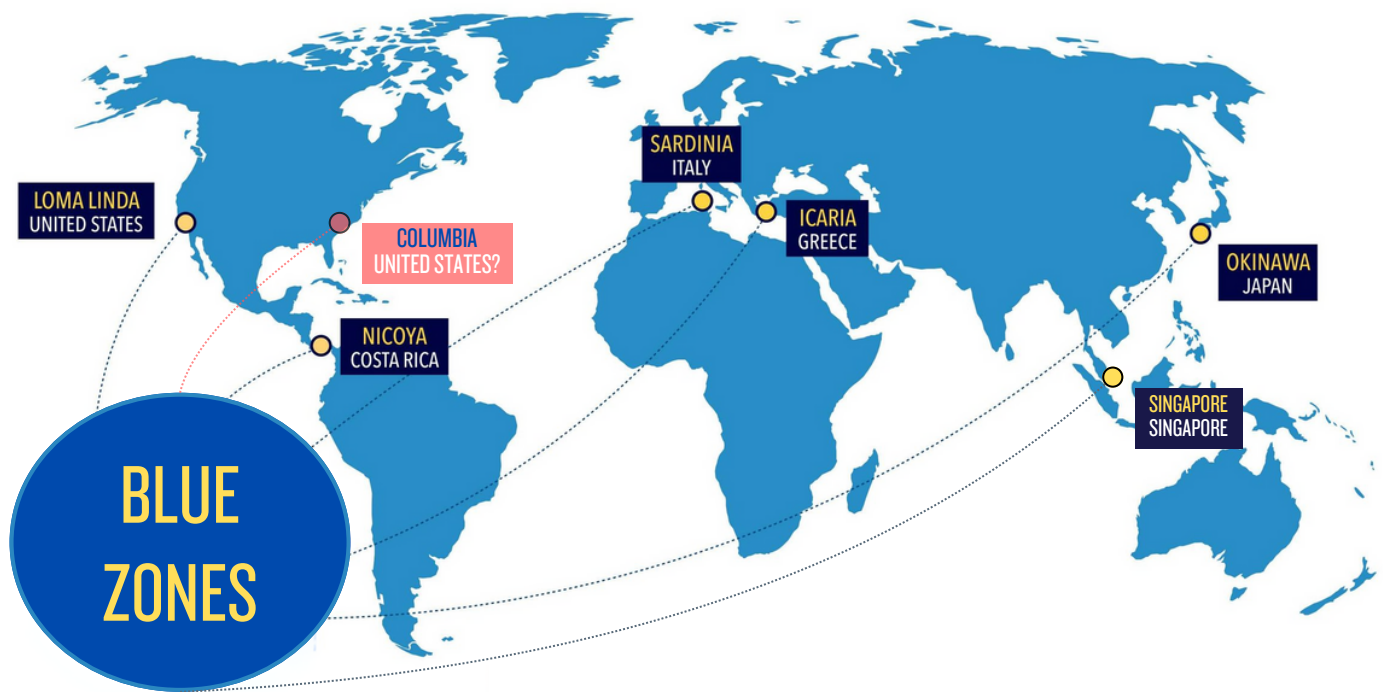


WALKER INSTITUTE PRESENTS: **BLUE ZONES: WHERE ARE THEY AND HOW DO WE GET THERE?**

Exploring Healthy and Happy Living in Columbia



Date: Wednesday, April 3, 2024

Where: Boyd Innovation Center

Time: 5:00pm - 7:00pm

RSVP: Free with Registration



Scan QR Code to Register!

The City of Columbia and Prisma Health introduced the Blue Zones Initiative with Dan Buettner, highlighting longevity and health traits from Blue Zones. The five recognized Blue Zones around the world include Ikaria, Greece; Okinawa, Japan; Sardinia, Italy; Nicoya Peninsula, Costa Rica; and Loma Linda, California, USA. Factors contributing to longevity include diet, lifestyle, and strong social connections. Most recently, Singapore has been identified as the sixth Blue Zone. These areas have a high number of centenarians and lower rates of chronic diseases.

Our community embraced the initiative, leading to a collaborative effort for Columbia to gain a Blue Zone status. We will hear from Margaret Brown, Vice President at Blue Zones with comments from Mayor Daniel Rickenmann and learn about the 6 Blue Zones around the world and what we can do in Columbia to make our city a Blue Zone Certified City!

Could Columbia, South Carolina be the next Blue Zone?



**Walker Institute of
International and Area Studies**
College of Arts and Sciences
UNIVERSITY OF SOUTH CAROLINA

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