

# Get Healthier. Feel Connected. *Have Fun.*

Are You a Blue Zones™ Health Member?

Did you know about the FREE classes and events?

## Your Membership Includes:

### Virtual Classes You Can Join From Home:

-  Gentle movement and yoga sessions
-  Meditation and stress relief classes
-  Nutrition workshops

### Community Events:

-  Social gatherings
-  Group walks and activities
-  Interactive workshops

## Why Take a Class or Attend an Event?

Think of these as your health support team, but without the homework or pressure. Whether you want to learn a new recipe, try gentle stretching, or just meet others who are on a similar journey, there's something here for you.

## Getting Started is Simple



1. Scan the QR code
2. Browse what's available

**No commitment required. Try one class.  
Try them all. It's your choice.**

3. Sign up for classes + events that fit your care plan
4. Join from home or in your community

**Not a Blue Zones  
Health member yet?  
*You could be!***

Get access to all of this for free\*.  
Call **LIV BLUE** at **(833) 548-2583**  
to see if you're eligible.

Visit: [bluezoneshealth.com](https://bluezoneshealth.com)

\*Price is subject to change

*Live a longer, fuller, bolder life with Blue Zones Health.*