BLUE ZONES™ HEALTH

Strong & Steady

A VIRTUAL SIX-SESSION PROGRAM
FOR A HEALTHIER, MORE INDEPENDENT YOU



Tuesdays, 1–2pm PT
11/10/26 – 12/15/26



YOUR INSTRUCTOR

Julie Kugel

Occupational therapist and Loma Linda University professor

Julie guides each session with practical, easy-to-follow ways to stay active, confident, and independent.

SESSION 1

Physical Activity

Move more.
Live fully.

SESSION 2

Nutrition

Nourish today for a stronger tomorrow.

SESSION 3

Sleep

Rest well.
Live brighter.

SESSION 4

Home Safety

A safer home for a brighter, more independent life.

SESSION 5

Fall Recovery

Be prepared.
Stay confident.

SESSION 6

Stay Strong in Your Community

Stay active. Stay connected.
Keep exploring.

Join Any Session

No Previous Classes Required.

Register Now for this online-only class!

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