



BLUE ZONES PRESENTATION

WITH AMY ROSE SANGER, RDN, LDN



Orleans Town Hall
19 School Road, Orleans

October 18th from 9:30 AM-11:00 AM

The Blue Zones are regions around the world where people live longer, healthier lives compared to the global average. One of the key factors contributing to the longevity and well-being of individuals in Blue Zones is their diet and nutrition practices. Join Registered Dietitian Amy Rose Sager from the VNA of Cape Cod and explore the nutrition aspects of Blue Zones and how they contribute to the overall health and longevity of the populations living in these regions.

OPEN TO THE PUBLIC, NO REGISTRATION REQUIRED



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