

## ***The Big Health Read***

***Wednesday, January 11, 2012***

A longer, happier, and healthier life is something we all strive to achieve.

What can we do as a community to create an environment where people make choices that achieve healthier lives?

Please join the Visioneering Health Alliance in discussing Dan Buettner's book *The Blue Zone*; a book that provides an inside look at the places that have fostered the greatest number of centenarians... people who live to be 100!

The discussion is intended to foster practical and proven strategies for creating healthier lives that can be adopted in the greater Wichita area.

**Date:** January 11, 2012  
**Time:** 3:00-5:00  
**Location:** Sunflower Room, KU Medical School  
1010 N. Kansas Wichita, KS

If reading the whole book sounds daunting, here are a few short-cut options:

Article #1

<http://www.thedailybeast.com/newsweek/2010/02/04/crimes-of-the-heart.html>

Article #2

<http://www.bluezones.com/wp-content/uploads/2011/02/USNEWS-Aug-2010.pdf>

Video

[http://blog.ted.com/2010/01/06/how\\_to\\_live\\_to](http://blog.ted.com/2010/01/06/how_to_live_to)

**To RSVP**

Contact Renee Anderson at [randerson@wichitachamber.org](mailto:randerson@wichitachamber.org)