



Online Seminar: Blue Zones

A journey to longevity?

Aging healthy?

Growing old happy and healthy in a natural way sounds beautiful, but also impossible to achieve? The so-called Blue Zones prove the opposite. Blue Zones are the five regions where, according to studies, residents grow very old with the best quality of life. Chronic (common) diseases such as cancer, diabetes or high blood pressure seem to be almost non-existent there. But what is their secret to lifelong health and fitness?

Let's find out how!

To unlock this mystery, we'll go on a journey in our workshop. What do Ikaria, Okinawa, Loma Linda, Nicoya and Sardines have in common? We provide an insight into the special lifestyles of the Blue Zones and explore all health-promoting facets: Movement, nutrition, mindfulness, relaxation and social environment. With the help of effective practical exercises, you will definitely succeed in transforming your life.



Thursday, May 6, 2021
from 3:30-4:15 pm



COOPERATION
PARTNER



Gesellschaft für Gesundheitsmanagement mbH



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