



INVITATION: A Big *Health* Read

A longer, happier, and healthier life is something we all strive to achieve. In 2010, our community health leaders selected five health priorities: access to healthcare, obesity & diabetes, mental health, oral health and health disparities. Each of these health priorities is tied closely to health behaviors. What can we do as a community to create an environment where people make choices that achieve healthier lives?

Dan Buettner, the author of *The Blue Zone*, was a featured speaker for the August 2011 Working Well Conference in Wichita. If you are unfamiliar with his work, you can learn a lot in 20 minutes here:
http://blog.ted.com/2010/01/06/how_to_live_to/.

Please join the Visioneering Health Alliance members in reading this book and participating in the discussion for what this might look like here in our everyday lives. *The Blue Zones* provides an inside look at the places that have fostered the greatest number of centenarians, or people who live to be 100. It is a guide to creating healthier lives, and that is exactly what we want for the greater Wichita area. **This discussion is intended to foster practical and proven strategies that can be adopted here.**

Time and Date: *January 11, 2011* 3:00-5:00

Location: Sunflower Room, KU Medical School
1010 N. Kansas Wichita, KS

If committing to the whole book sounds daunting, here are a couple of short-cut options. These articles offer insight into what one Minnesota town is doing to make these changes a reality, and will help you prepare to participate in discussion.
<http://www.thedailybeast.com/newsweek/2010/02/04/crimes-of-the-heart.html>
<http://www.bluezones.com/wp-content/uploads/2011/02/USNEWS-Aug-2010.pdf>

Please RSVP to Renee Anderson at randerson@wichitachamber.org