



CREATE CURES  
FOUNDATION

## FAMILY TABLE WORKSHOP 2

### HEALTHY LIFESTYLE WITH FAMILY & FRIENDS “ – Let’s Learn from the Blue Zones.”

A healthy lifestyle is not only about what you eat in the exercise you get; it’s also about **the quality and nature of your relationships with yourself and with others. The Blue Zones**, areas in the world where the highest concentration of centenarians live, offer valuable insights. We will explore together these zones, their **community values, and their inclusive and sustainable social environments** and how these **communities offer a positive example of a "culture of longevity."** We will investigate these areas where principles of **health, well-being, positivity, sustainability, inclusion, and solidarity** create a conducive environment for a fulfilling and enduring life.

**Date: April 11<sup>th</sup>, Thursday**

**Time: 2:30 – 3:30**

#### 1. INTRODUCTION

- **Welcome and Acknowledgment**
  - Welcome participants and experts.
  - Acknowledge any special guests or experts in attendance.
- **Agenda Overview:**
  - A brief overview of the purpose and agenda.

#### 2. INTERACTIVE INTRODUCTION OF THE BLUE ZONES

- **Interactive Icebreaker (Key Concepts from the Webinar)**
  - Fast-paced brainstorming session.
- **The Blue Zones - WHERE?**
- **The Blue Zone - WHY?** Why are they important? Why do scientists study them?
- **The Blue Zones -WHAT AND HOW?**
  - What are the Blue Zone habits that promote healthy longevity? Analysis of balanced nutrition and active lifestyle.
  - What are the Blue Zone values that promote longevity? Analysis of existential values for a sustainable and healthy life and longevity.

#### 3. GAME: “GUESS THE DISH” – TRADITIONAL HEALTHY RECIPES FROM THE BLUE ZONES

Participants will engage in a guessing game where they'll see images of traditional dishes from various Blue Zones regions. They will try to identify the dish and its key ingredients and guess which Blue Zone it belongs to. Once the Blue Zone is revealed, participants will discuss why the dish is healthy. Finally, the nutritionist will explain the nutritional values of the dish.

#### 4. YOGA

- Seated and standing practice focused on improving flexibility with pranayama/breathing technique to create energy when we need it.

#### 5. FINAL REMARKS AND POST-EVENT DISCUSSION