



# 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.

## 1. INTRODUCTION

- Welcome and Acknowledgment
- Agenda Overview:

## 2. INTERACTIVE INTRODUCTION OF THE BLUE ZONES

- **The Blue Zones - WHERE?**
- **The Blue Zone - WHY?** Why are they important?
- **The Blue Zones -WHAT AND HOW?**
  - What are the Blue Zone habits that promote healthy longevity?
  - What are the Blue Zone values that promote 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.

## 4. YOGA PRACTICE

## 5. FINAL REMARKS AND POST-EVENT DISCUSSION