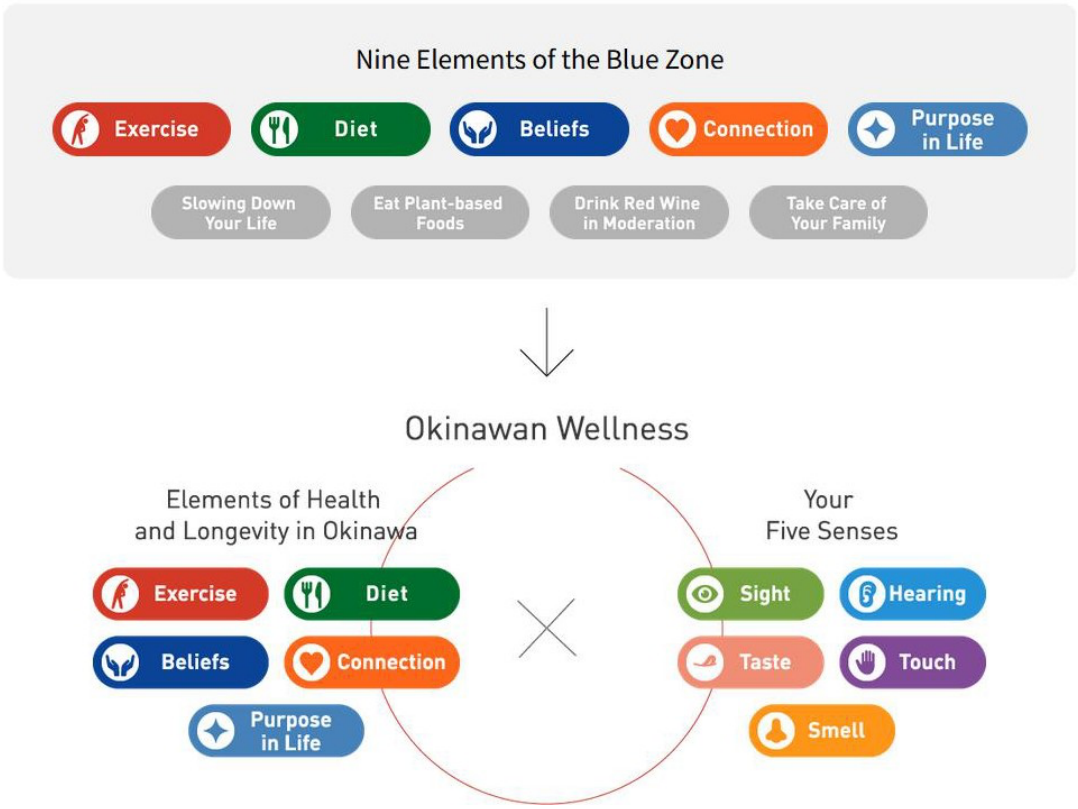

Nine Elements of the Blue Zone
Exercise
Diet
Beliefs
Connection
Purpose in Life
Slowing Down Your Life
Eat Plant-based Foods
Drink Red Wine in Moderation
Take Care of Your Family
Okinawan Wellness
Elements of Health and Longevity in Okinawa
Exercise
Diet
Beliefs
Connection
Purpose in Life
Your Five Senses
Sight
Hearing
Taste
Touch
Smell