

One Book, One Community

The Blue Zones

9 Lessons for Living Longer
By Dan Buettner



Read

- January through March 2018
- Copies of the book are available for checkout from the Pickaway County Library, including digital versions

Participate

- See events on the back!

Discuss

- Start talking about how we can live longer, healthier lives

Get Involved

- For more information and event updates visit us on Facebook at "One Book, One Community - Pickaway County, Ohio"



Pickaway County
Park District

2018 Book, One Community – Pickaway County
“The Blue Zones: 9 lessons for living longer” by Dan Buettner

- A community-wide reading program that brings people together through reading and discussion of a common book.
- It includes programming, such as book discussions, keynote speakers and other community events.
- Sponsored by the Berger Health Foundation, Pickaway County Library, Pickaway County Farm Bureau, Pickaway County Park District, OSU Extension, Pickaway County Family YMCA and the Pickaway County General Health District.

Programs open to the community to enhance knowledge of the book's topic:

Monday, Feb. 26, 2018 at 1 p.m. – Community Book Discussion and/or

Wednesday, Feb. 28, 2018 at 6:30 p.m. – Community Book Discussion and/or

Saturday, March 3, 2018 at 11 a.m. – Community Book Discussion

Pickaway County Library, 1160 N. Court Street, Circleville

- Everyone is welcome to come discuss “The Blue Zones.” Feel free to share your thoughts and listen to how others were impacted by this book.

Tuesday, March 13, 2018 at 6 p.m. – Keynote Speaker Tony Buettner

Ohio Christian University Performing Arts Center, 1476 Lancaster Pike, Circleville

- Keynote speaker about how to blue-zone a community.

Monday, March 19, 2018 at 6:30 p.m. – African American Centenarians in Pickaway County

Pickaway County Library, 1160 N. Court Street, Circleville

- Presentation and display about local African Americans who lived to be 100. Part of a year-long series presented by the Pickaway County African American Heritage Association.

Wednesday, March 21, 2018 at 6:30 p.m. – Life Secrets & Volunteer Fair

Pickaway County Library, 1160 N. Court Street, Circleville

- A motivational speaker will share how to find the right balance and enjoy your life
- Local agencies will present volunteer opportunities at individual tables.

Wednesday, March 28, 2018 at 6:30 p.m. – Eating Secrets & Cooking Demo –

RSVP to Rachel.Dosch@bergerhealth.com by March 21

Berger Health and Wellness Center, 1280 N. Court Street, Circleville

- Visit with experts about locally sourced food and nutrition tips
- Watch a cooking demonstration and sample the dish

Saturday, April 14, 2018 at 10 a.m. – Health Secrets

Crites-Hannan Park, 1230 Pontius Road, Circleville

- Visit with experts about exercise, relaxation and moving naturally
- Learn how to use the park’s exercise equipment