

Wise & Well Webinar Follow-up Resources

Thriving Through the Years: Essential Strategies for Longevity



Thank you all for joining us! What are the common denominators being practices in the world's healthiest communities? We invite you to view the resources below insightful information on healthy aging for men and women, how to cultivate awareness not only within yourself but in support of those around you, and how to change behavior to adopt a lifestyle that supports longevity.

- [Webinar Recording](#)
- [Slide Deck](#)
- [HRCI](#)
- [Participant Worksheet](#)
- [Blue Zones website](#)
- [Blue Zones kitchen book](#)
- [Eldercare Resources locator](#)
- [Environmental Working Group - Skincare, Household Items & Food Research](#)
- [Podcast: The Doctor's Farmacy - How to Eat Like Blue Zones in America](#)
- [Longevity recipes](#)
- [Suicide Prevention Toolkit](#)

