

What could be the first step each council member could take?

- You could take the 5-minute True Vitality Test at <http://www.bluezones.com> and see how you personally score.
- You could see a TED Talk at www.bluezones.com
- You could visit www.healthways.com/bluezonesproject to learn more
- You could read the book *The Blue Zones Solutions* and learn how communities across the US have improved their residents' chance of living longer, happier lives.
- You could create a personal Blue Zone in your own home.
- Maybe you could see how you could improve the quality of life of your neighbors as well.
- You could contact Tiffany Gibson, who is the Ukiah Valley Medical Center Wellness Director, at 707-463-7523 or email her at gibsonata@ah.org to find out how to become a Blue Zones Project City.
- You could contact Tony Buettner, Speaker & Senior VP of Blue Zones at 612-596-3600 or at tony@bluezones.com

Thank you for letting me report on the Ukiah Blue Zones Project.