



BLUE ZONES PROJECT®

# COMMUNITY KICKOFF



APRIL 19TH | 10AM-3PM

PPL CENTER  
701 HAMILTON ST  
ALLENTOWN, PA



## LEARN HOW TO MAKE HEALTHY CHOICES EASIER!

- Move Naturally
- Eat Wisely
- Connect
- Right Outlook

SCAN FOR MORE  
INFORMATION  
AND RSVP TO  
ATTEND!



[WWW.BZPLEHIGHVALLEY.COM](http://WWW.BZPLEHIGHVALLEY.COM)