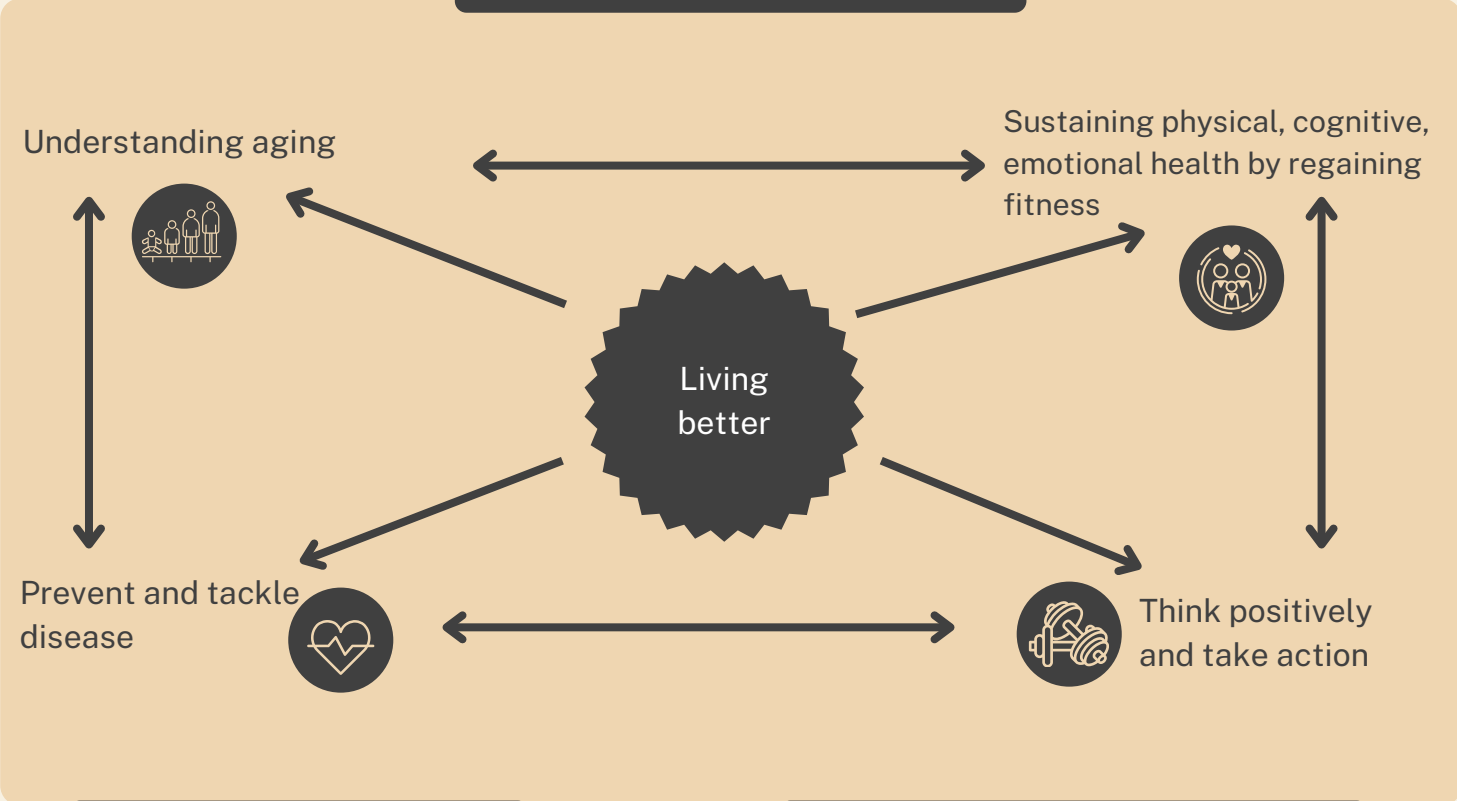


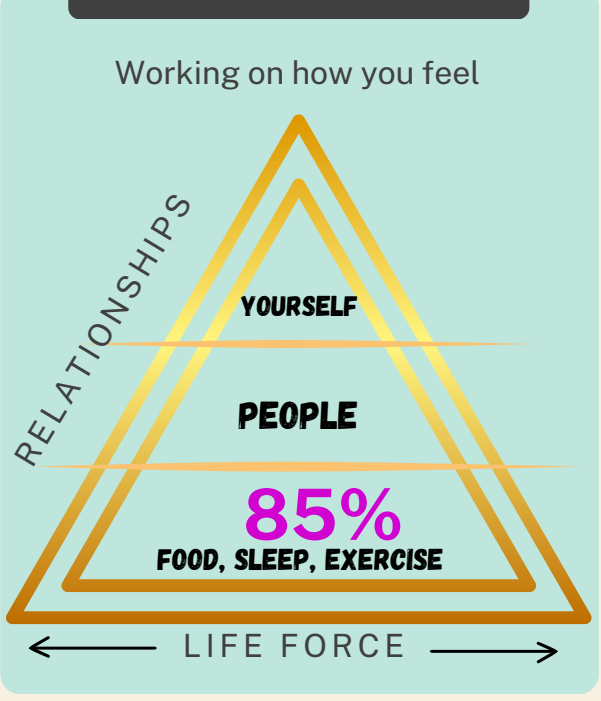
# IS IT ALL ABOUT THE Longevity?

When we think about a long life we imagine living in blue zones where average life span is into the 100's but how much do we think about how important our health span is?

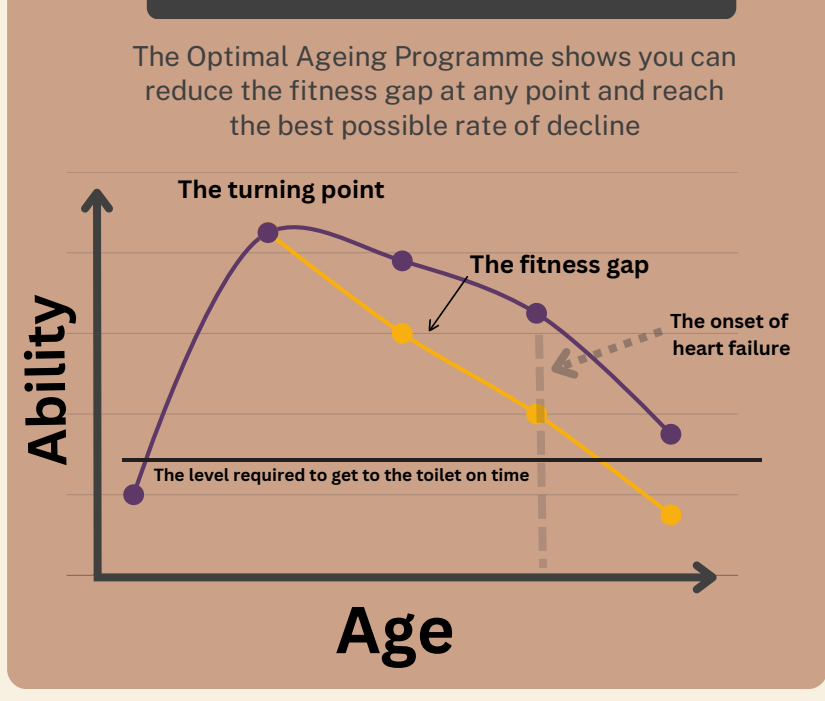
## WHAT IS BEHIND LONGEVITY



### LIVING BETTER



### UNDERSTANDING AGING



## PHYSICAL, MENTAL AND COGNITIVE HEALTH

Blue zones are the areas of the world with the highest numbers of centenarians per 10,000 new-borns



## KEEPING OUR HEALTH SPAN

What the blue zones have in common is sustaining health span therefore living longer and better. Focusing attention on each of these daily.

