



MARCH IS NUTRITIONAL HEALTH MONTH



Redmond, Oregon
Senior Center
Wellbeing Series

Healthy. Connected. Secure.

Sponsored by

St. Charles
HEALTH SYSTEM

Blue Zones and "The Power of 9"

Presented by St. Charles Medical Center

Wednesday, March 12
10:00 AM

Wellbeing Connect

Hosted by Sharon Lanier

Wednesday, March 26
10:30 AM

Discover the "Power 9" Principles of Longevity

Ever wondered why certain communities around the world enjoy longer, healthier lives? These regions, known as "Blue Zones," share nine common lifestyle habits contributing to their residents' remarkable longevity. Ineke Ojanen will delve into these "Power 9" principles, offering insights on how you can incorporate them into your daily routine:

- **Move Naturally:** Incorporate regular, natural physical activity into your day.
- **Purpose:** Cultivate a clear sense of purpose to add years to your life.
- **Downshift:** Adopt routines to reduce stress and its harmful effects.
- **80% Rule:** Practice mindful eating by stopping when you're 80% full.
- **Plant Slant:** Emphasize plant-based foods, especially beans, in your diet.
- **Wine @ 5:** Enjoy a glass of wine with friends and food (in moderation).
- **Belong:** Engage with a faith-based or community group.
- **Loved Ones First:** Prioritize family and close relationships.
- **Right Tribe:** Surround yourself with supportive, health-conscious friends.

These principles have been identified in communities with the highest life expectancy and offer a roadmap to a healthier, more fulfilling life. BLUEZONES.COM

About the Speaker

Ineke Ojanen is a dedicated registered dietitian and certified diabetes care and education specialist with St. Charles Health System. With a bachelor's degree in Food Science and Human Nutrition from Washington State University, Ineke has specialized in diabetes care since 2014. She is passionate about empowering individuals to achieve their health goals through personalized, achievable strategies. Beyond her professional commitments, Ineke enjoys plant-based cooking and exploring the great outdoors with her dogs. STCHARLESHEALTHCARE.ORG

Don't miss this opportunity to learn how small, sustainable changes can lead to a longer, healthier life!

Discover, discuss, and connect at our Wellbeing Connect meeting each month at the Redmond Senior Center. Each session explores...

- the current month's wellbeing topic
- offering valuable insights
- helpful resources
- engaging discussions
- a sneak peek at next month's topic.

Plan how you can participate.

This event is free and open to the public, so bring a friend and join the conversation!

Admission:
FREE

Location:
The Redmond Senior Center
325 NW Dogwood Ave
Redmond, Oregon

For information:
(541)548-6325
Info@RedmondSeniors.org