



On Sept. 9, Blue Zones Project™ will officially kick off in Cedar Rapids! This will be your first chance to explore opportunities and sign up for Blue Zones Project activities – you won't want to miss it!

**Monday, Sept. 9:** Concert Hall at College Community (located at Prairie High School)  
**Entertainment – 5:00 pm | Program – 6:00 pm | [Join us Sept. 9 to kick off Blue Zones Project!](#)**

**Free family-friendly fun, supervised Kids Zone with activities available during the program for young children, and open to the public! Arrive early for giveaways and entertainment including:**

- Sunday Afternoon a capella group
- The Cast of Jesus Christ Superstar, presented by Theatre Cedar Rapids
- The Cast of The Music Man presented by Theatre Cedar Rapids in partnership with Orchestra Iowa
- Giveaways & door prizes including free t-shirts, gift cards and raffle for an iPad mini and a bicycle!



The kickoff rally will feature Dan Buettner, *National Geographic* explorer and best-selling author of *The Blue Zones* and *Thrive*. Come on out to celebrate our town, our well-being, and our future as we work together to become one of the world's first Blue Zones Communities™!

Questions? Email [BlueZonesProjectCedarRapids@Healthways.com](mailto:BlueZonesProjectCedarRapids@Healthways.com) or call 319-270-6012.

**We're offering a reward for the school in Cedar Rapids that brings out the most students, family members and staff to our event. So come out, wear your school colors and support the Blue Zones Project!**

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