



Our Community Foundation.

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NORTHFIELD SHARES BRINGING DAN BUETTNER TO NORTHFIELD ON SEPTEMBER 24
Best-selling author will share the secrets of living a longer and happier life

NORTHFIELD, MINN. (Aug. 28, 2018) — Northfield Shares, the Northfield area’s community foundation, is proud to present Dan Buettner, the author of the best-selling Blue Zones® book series. During this free educational event, which will be held at 6 p.m. on Monday, Sept. 24, at the Northfield Middle School Auditorium, Buettner will share the secrets to living a longer and happier life. [Preregistered](http://northfieldshares.org) guests will receive priority seating; guests can visit northfieldshares.org for a registration link. (Please note: the Middle School now has expanded accessibility with handicapped parking near the entrance.)

“I’m very excited to be coming back to Northfield to discuss the Blue Zones concept,” says Buettner. “Northfield is a progressive city and its citizens are open to ideas like Blue Zones for improving the quality of people’s lives, whether on a personal level or on a larger scale.”

Buettner is an explorer, National Geographic Fellow, award-winning journalist and producer, and a *New York Times* bestselling author. He also holds three Guinness World records in distance cycling. During his many adventures, Buettner discovered the five places in the world—dubbed [Blue Zones® Hot Spots](#)—where people live the longest, healthiest lives. In these communities, elders live with vim and vigor to a record-setting age. One such area, the mountainous highland **Barbagia region of Sardinia in Italy**, has the world’s highest concentration of male centenarians.

During his talk, Buettner will share the nine common diet and lifestyle habits —[Power 9®](#)—that keep people in Blue Zones Hot Spots spry past age 100. For instance, the world’s longest-living people don’t have health club memberships, but rather “**move naturally.**” They live in environments that constantly nudge them into moving without thinking about it. They grow gardens and thrive without the mechanical conveniences for house and yard work.

During his presentation, Buettner will also discuss lessons learned from the world’s happiest communities. “When it comes to what makes us happy, most people are misguided or just plain wrong,” he says. “Living our best life involves optimizing how we evaluate our life, how we experience it from day to day and how to live out our purpose.”

Dan Buettner/Page 2

Buettner's books, [*The Blue Zones: Lessons for Living Longer from the People Who've Lived the Longest*](#), [*Thrive: Finding Happiness the Blue Zones Way*](#), [*The Blue Zones Solution: Eating and Living Like the World's Healthiest People*](#), and [*The Blue Zones of Happiness*](#) were all national bestsellers. His articles about the Blue Zones Hot Spots in *The New York Times Magazine* and *National Geographic* are two of the most popular for both publications.

Note: Content Bookstore will have books from the Blue Zones® series available for purchase at the event and at the store prior to September 24. Buettner will also be featured on KYMN Radio's "15 With the Author" on September 4 at 11 a.m.

Buettner now works in partnership with municipal governments, large employers, and health insurance companies to implement [Blue Zones Projects](#) in communities, workplaces, and universities. Blue Zones Projects are well-being initiatives that apply lessons from the Blue Zones to entire communities by focusing on changes to the local environment, public policy, and social networks. The program has dramatically improved the health of more than 5 million Americans to date.

"Northfield Shares feels privileged to bring a speaker like Dan Buettner to Northfield," says Mike Krance, Northfield Shares executive director. "High-profile speakers and educational opportunities are just one of the many ways we, as Northfield's community foundation, can help improve the lives of Northfield's citizens."

This free event will require an online pre-registration through northfieldshares.org, or by calling 507-403-9755. Attendees are asked to bring their printed ticket or downloaded mobile ticket with them to the event.

To learn more about Northfield Shares, [click here](#). To learn more about Dan Buettner and his work, [click here](#).

Northfield Shares is the Northfield area's community foundation founded to advance philanthropy, inspire volunteerism and promote collaborative leadership. For more information about Northfield Shares, visit northfieldshares.org.

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