

# How to upgrade our whole town's well-being in under five minutes.

1

Go to [bluezonesproject.com](http://bluezonesproject.com)  
or text BZP to 772937.

2

Pledge your support to make our town a Blue Zones Community™.

3

Ask others to do the same, so we're chosen for the program!

Towns that are chosen for the Blue Zones Project™ receive assistance from national experts for improving the well-being of their communities. Take the pledge and help our town get selected. You could feel the difference.



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# Join our neighbors as we all upgrade our well-being.

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**Picture  
living in an  
upgraded  
city.**

