



EASTER

Blue Zones - where people live longer and healthier lives

- **Sardina, Italy** - world's oldest men
- **Okinawa, Japan** - world's oldest women
- **Loma Linda, California** - outlive typical Americans by **10yrs**
- **Nicoya, Costa Rica** - twice as likely as Americans to reach a healthy **90**years old while spending **15%** as much on healthcare
- **Ikaria, Greece** - live **8**years longer than Americans; experience **20%** less cancer, **50%** less heart disease, almost no dementia

JOHN 11







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Are you -

- **Martha** - trusting in Jesus, but hurting and needing a word from Him
- **Mary** - trusting in Jesus, but hurting and needing to know He cares for you
- **Lazarus** - spiritually dead; isolated in darkness of the tomb
- **Lazarus** - spiritually alive, but still wearing some grave clothes