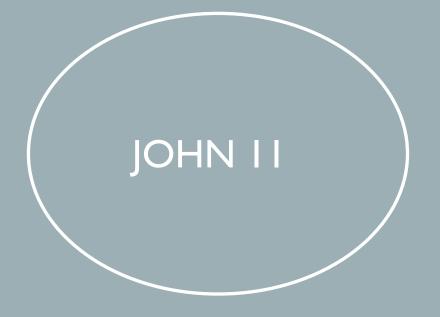


Blue Zones - where people live longer and healthier lives

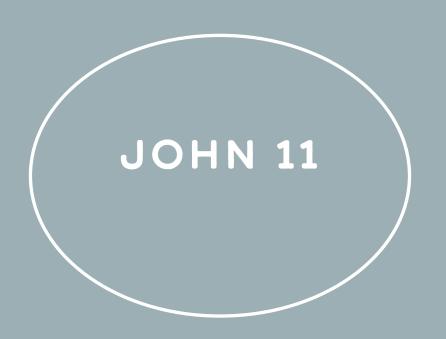
- Sardina, Italy world's oldest men
- Okinawa, Japan world's oldest women
- Loma Linda, California outlive typical Americans by 10yrs
- Nicoya, Costa Rica twice as likely as Americans to reach a healthy 90 years old while spending 15% as much on healthcare
- Ikaria, Greece live 8 years longer than Americans;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











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