



LIFE IN THE 'BLUE ZONES'

with MOSAIC



Want to discover the secrets to living to 100? Explore the **Blue Zones** with us – the regions of the world that are home to the longest living and healthiest populations!

Join us for a dynamic presentation that will introduce you to the foods, cultures, and ways of living from these special regions in Italy, Japan, & Costa Rica to name a few!

Featuring food, music, and lots of lively discussions. You don't want to miss this wonderful afternoon as we travel the world together!

Date: Tuesday January 13, 2026.

Time: 1:00 - 2:00 pm

Location: Thornhill Community Centre **Fireside Lounge**

Tickets: \$2.00 - Available at the TSC Front Desk ***beginning Monday January 5, 2026 at 11am.*** Space is limited. TSC Members only.
Membership card required.

**Presented by Jane from Mosaic Home Care Services &
Community Resource Centre**