



205 S. Lincoln Ave.
Beaver Dam, WI 53916-2344
Phone: 920-887-4600
FAX: 920-887-4662

TO: City Departments Head
FROM: Mayor Tom Kennedy
DATE: January 5, 2017
RE: City Departments Encouraged to Participate in Blue Zones Project

Dodge County is the first Blue Zones Project demonstration community in Wisconsin. Community members and organizations in Dodge County have been encouraged to get involved with Blue Zones Project programs and offerings. I want to encourage City Department Heads and their staff to review the Blue Zones principles finding ways your department can support the program in 2017 and beyond.

The Blue Zones Project is a growing nationwide well-being improvement initiative designed to make healthy choices easier—community by community—through permanent changes to environment, policy and social networks. I see plenty of opportunities among our departments to individually and thru collaboration to support the Live Longer, Better theme.

Below are some websites you can visit to gain a better understanding of the Blue Zones principles.

<https://www.bluezones.com/live-longer-better/>
<https://dodgecounty.bluezonesproject.com/>
https://www.facebook.com/BlueZonesProjectDodgeCounty/?fref=pb&hc_location=profile_browser

As a first step if your department has a Facebook page you can *like as your page* the BlueZonesProject of Dodge County. The Library has Blue Zone books available and the Librarians working there can help you find additional resources, as well.

cc. City Council Members

Kim Miller, FACHE, president and CEO of Beaver Dam Community Hospitals, Inc
Jill Kaufmann, Executive Office Manager of Beaver Dam Community Hospitals, Inc.