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# THE NEW ALBANY LECTURE SERIES

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*Presented by The New Albany Community Foundation*

2020-2021 SEASON

FREE by registering at [newalbanyfoundation.org](http://newalbanyfoundation.org)



**Dan Buettner**  
*Explorer and Writer for  
National Geographic*

MONDAY, FEBRUARY 22, 2021

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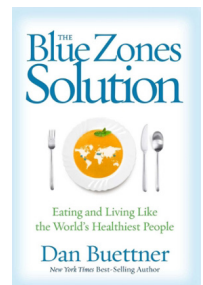


**Dan Buettner** is an explorer, National Geographic Fellow, award-winning journalist and producer, and *New York Times* bestselling author. He discovered the five places in the world – dubbed blue zones hotspots – where people live the longest, healthiest lives. His articles about these places in *The New York Times Magazine* and *National Geographic* are two of the most popular for both publications.

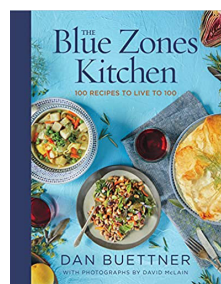
Buettner now works in partnership with municipal governments, large employers, and health insurance companies to implement Blue Zones Projects in communities, workplaces, and universities. Blue Zones Projects are well-being initiatives that apply lessons from the Blue Zones to entire communities by focusing on changes to the local environment, public policy, and social networks. The program has dramatically improved the health of more than 5 million Americans to date.

His books, *The Blue Zones: Lessons for Living Longer from the People Who've Lived the Longest*,

*Thrive: Finding Happiness the Blue Zones Way*, *The Blue Zones Solution: Eating and Living Like the World's Healthiest People*, and *The Blue Zones of Happiness* were all national bestsellers. Buettner has appeared on *The Today Show*, *Oprah*, *NBC Nightly News*, and *Good Morning America*, and has keynoted speeches at TEDMED, Bill Clinton's Health Matters Initiative, and Google Zeitgeist. His speech in January 2018 at the World Economic Forum in Davos was chosen as "one of the best of Davos."



His new book *The Blue Zones Kitchen: 100 recipes for living to 100* is a *New York Times* bestseller and fuses scientific reporting, National Geographic photography and 100 recipes that may help you live to 100. Buettner also holds three Guinness World Records in distance cycling.



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