

RESERVE YOUR SEAT BY  
FEBRUARY 11TH\*



LIVE WELL WATERTOWN

# BLUE ZONE® WELLNESS PROGRAM

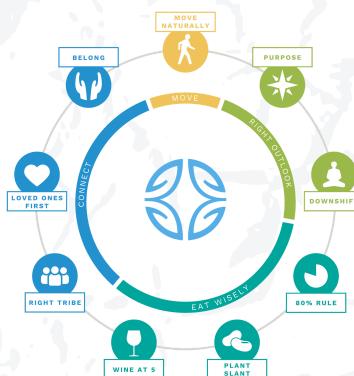
WEDNESDAY, FEBRUARY 18, 2026 - 5:00-7:00PM

*This event is free and refreshments will be served.*

**Watertown**  
Savings Bank

**Sons of Italy**

**520 Pleasant Street, Watertown**



**JOIN US FOR A BLUE ZONE® INSPIRED WELLNESS DISCUSSION  
FEATURING TIPS TO MOVE MORE, EAT WISELY, CONNECT WITH  
YOUR COMMUNITY AND LIVE BETTER, LONGER.**

*Excerpts from the Netflix Blue Zone documentary will be shown followed by discussion.*

\*CALL OR EMAIL TO RESERVE YOUR SPOT!

club50@watertownsavings.com  
617-928-2337

Watertown Savings Bank (WSB) and the City of Watertown's Live Well Program are co-sponsoring this event for the community. By attending, I give my permission to duplicate & use for advertising purposes, any photographs taken of me at this event.

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