

2016 Occupational Health Psychology (OHP) Summer Institute

OHP Innovation and Creative Strategies Leading to Total Worker Health

July 12-14, 2016

Location: Portland State University Smith Memorial Student Union, Rooms 327-329

Address: 1825 SW Broadway, Portland, Oregon 97201

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Blue Zones Project, Healthways

Design Your Workplace for Wellness Wins (And Live Longer, Better®!)



Abstract: Blue Zones Project® is a well-being improvement initiative dedicated to making healthy choices easier. Thanks to Cambia Health Foundation, the nationally-proven, evidence-based Blue Zones Project tools and resources are available to all Oregonians at no cost. During this presentation, you will learn what Blue Zones are, their secrets of longevity, and the Blue Zones Project approach to individual, organizational, and community wellness. Employers are using the Blue Zones Project methods to transform their worksites into places that inspire employees to live longer, healthier lives. Examples of these wellness wins from Oregon and other Blue Zones Project communities across the country will be shared.