

Blue Zone Events



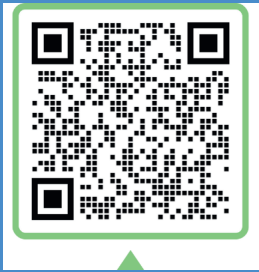
Keynote Talk

Keynote Speakers

Georgios and Eleni Karimalis

Living the Blue Zone Life: Lessons from
Ikaria, Greece

Tuesday, October 21st,
2025 - 5:30-7pm



<https://LivingBlueZoneLife.eventbrite.com>

Cooking Workshop

Traditional Ikarian Cooking
and Longevity Workshop

Wednesday, October
22nd, 2025 - 2-8pm



<https://greekcookingworkshop.eventbrite.com>

Discover the secrets of vitality, connection, and joy from one of the world's
longest-living communities in a talk or cooking workshop.



Commongrounds, 414 E. Eighth St., Traverse City, MI 49686



groundwork