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FOR IMMEDIATE RELEASE

***New York Times* Bestselling Author, Dan Buettner, To Visit Chelsea via Satellite**

***The Blue Zones* Author Will Hold Virtual Book Discussion**

October 20, 2011 | Chelsea, MI — Chelsea District Library today announced a new date for Dan Buettner's virtual visit to discuss his book, *The Blue Zones*. Buettner is the author of this year's Chelsea Reads Together book, *The Blue Zones*, and will be holding a book discussion with the community via Skype on Wednesday, November 9 from 7-8:30pm at the Washington Street Education Center Auditorium, 500 Washington Street in Chelsea. Registration is requested, but not required; call (734) 475-8732 or email Sara Wedell at swedell@chelseadistrictlibrary.org.

Audience members will be given the opportunity to interact with Buettner via satellite to talk about the travels and research that went into writing *The Blue Zones* and to ask questions on health and wellness. "I am thrilled that the entire city of Chelsea is reading my book. I look forward to a lot of interaction on a huge screen... I hope the community will join me," says Buettner of the Chelsea Reads Together finale. Copies of the book were placed in local businesses over the summer. "There has been a great deal of interest in *The Blue Zones*, we've distributed over 400 copies throughout the community. The Dan Buettner Virtual Visit is an opportunity to take it to the next level by interacting directly with the author to really get the most of the experience," says Sara Wedell, Head of Adult Services at Chelsea District Library.

Dan Buettner's *National Geographic* cover story on longevity, "The Secrets of Living Longer", was one of the top-selling issues in history and made him a finalist for the National Magazine Award. In his book, *The Blue Zones*, he reveals strategies for longevity found in Blue Zones: places in the world where higher percentages of people enjoy remarkably long, full lives. In his

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book he discloses the recipe, blending this unique lifestyle formula with the latest scientific findings to inspire easy, lasting change that may add years to your life.

Chelsea Reads Together is a partnership between Chelsea District Library, Chelsea-Area Wellness Foundation and Chelsea School District. The goal of Chelsea Reads Together is to bring community members together in dialogue on the topic of wellness. By inviting the community to read the same book, the Chelsea Reads Together committee strives to create a common starting place to begin the process of becoming a healthier, more active and better connected community. For more information on Chelsea Reads Together, please visit www.chelseareadstogether.wordpress.com or “like” Chelsea Reads Together on Facebook.

About Dan Buettner: Dan Buettner is a *New York Times* bestselling author, internationally recognized researcher, explorer and National Geographic fellow who has appeared on *The Oprah Winfrey Show*, *CNN*, *Late Night with David Letterman*, *ABC’s Good Morning America*, *Martha Stewart*, and *NBC’s Today Show*. He is a write for *National Geographic*, *LIFE*, and *Outside* magazines. He is the author of *The Blue Zones* and *Thrive*. Learn more at www.bluezones.com

About Chelsea District Library: The Chelsea District Library is nonprofit organization whose mission is to provide equal access to quality resources that serve the lifelong cultural, educational and informational needs and interests of all people. The Library currently serves 14,000 residents in the Chelsea district – City of Chelsea plus Dexter, Lima , Lyndon and Sylvan townships and more than 20,000 individuals visit the Library each month. The Library’s state-of-the-art facility is an access point for information including: books, periodicals, DVDs, CDs, audiobooks, downloadable e-books, subscription databases as well as access to the Internet. In addition to providing dynamic services to complement and support local schools and other important community needs, the Chelsea District Library strives to present timely, interesting and high-quality programs and events to engage and enrich the Chelsea community. Learn more at www.chelsea.lib.mi.us

About Chelsea-Area Wellness Foundation: The Chelsea-Area Wellness Foundation (CWF) is a tax-exempt, private foundation governed by a volunteer board of directors representing populations included in the school-districts of Chelsea, Dexter, Grass Lake, Manchester and Stockbridge, generally referred to as the CWF service area. The mission of the CWF is to create a culture of wellness and foster sustainable improvements in community health. Learn more at www.5healthytowns.org

About Chelsea School District: The Chelsea School District is located in western Washtenaw County, fifty miles west of Detroit and twenty miles west of Ann Arbor. The District’s 120 square miles include fifty lakes, many farms, 30,000 acres of state recreation lands, and the Waterloo Recreation Area.