



MENDOCINO COUNTY WORKING ON WELLNESS

County of Mendocino Receives Blue Zones Project Approved Status

The County of Mendocino has officially received the Blue Zones Project Approved status, marking a significant milestone in its commitment to fostering a healthier, happier work community.

Blue Zones Project is a national initiative that leverages insights from the world's longest-lived and healthiest cultures to enhance community health and wellness. The rigorous criteria for Blue Zones Project approval include demonstrating a commitment to promoting healthy eating habits, regular physical activity, social engagement, and a sense of purpose.

The County of Mendocino has numerous projects and programs that align with Blue Zones principles. These include the Leadership Initiative, comprehensive health benefits, Employee Wellness Program, Employee Assistance Program and more.

The County of Mendocino joins the growing list of organizations across the County that have embraced the Blue Zones Project to enhance the quality of life for their employees. As one of the largest employers, this designation is a significant step towards ensuring that Mendocino County remains a vibrant, healthy place to live, work, and play.

