

MEDIA ALERT

8/12/15

University of Southern Indiana

Opportunity to Interview Dan Buettner at the MAIA Conference tomorrow morning

We have approximately 30 minutes set aside for Dan Buettner to conduct interviews with the media on **from 7:45 am – 8:10 am on Thursday, August 13**. This will take place in the International Dining area located on the second level of University Center West. His talk, which starts at 8:30, is also open to the public. A book signing will follow at 10:30.

Dan Buettner traveled to the world's "Blue Zones" to meet the planet's longest-lived people, discovering centenarians who lead active lives with fewer diseases and close vibrant circles of friends and family. He shares his findings at the eighth annual Mid-America Institute on Aging (MAIA) conference which takes place at USI August 13 and 14. Buettner, a National Geographic fellow, is the author of two *New York Times* best-sellers on longevity: *The Blue Zones* and *Thrive*. His newest book, *The Blue Zones Solution: Eating and Living Like the World's Healthiest People*, is filled with moving personal stories, delicious recipes and tips for transforming any home into a miniature blue zone. He has delivered more than 3,000 speeches to audiences worldwide. His TED Talk "How to live to be 100+" has been viewed over 2 million times and his *New York Times* Sunday Magazine article, "The Island Where People Forget to Die" was the second most popular article of 2012.

[More on the MAIA Event Here.](#)

Dan Buettner in Parade Magazine: <http://parade.com/387565/parade/cheaters-guide-to-living-to-100/>

Dan Buettner on the Today Show: <http://www.today.com/video/today/57211947#57211947>

Dan Buettner in the New York Times: http://www.nytimes.com/2015/08/02/fashion/dinner-with-blue-zones-solution-dan-buettner.html?_r=0