

## 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](http://www.nytimes.com/2015/08/02/fashion/dinner-with-blue-zones-solution-dan-buettner.html?_r=0)