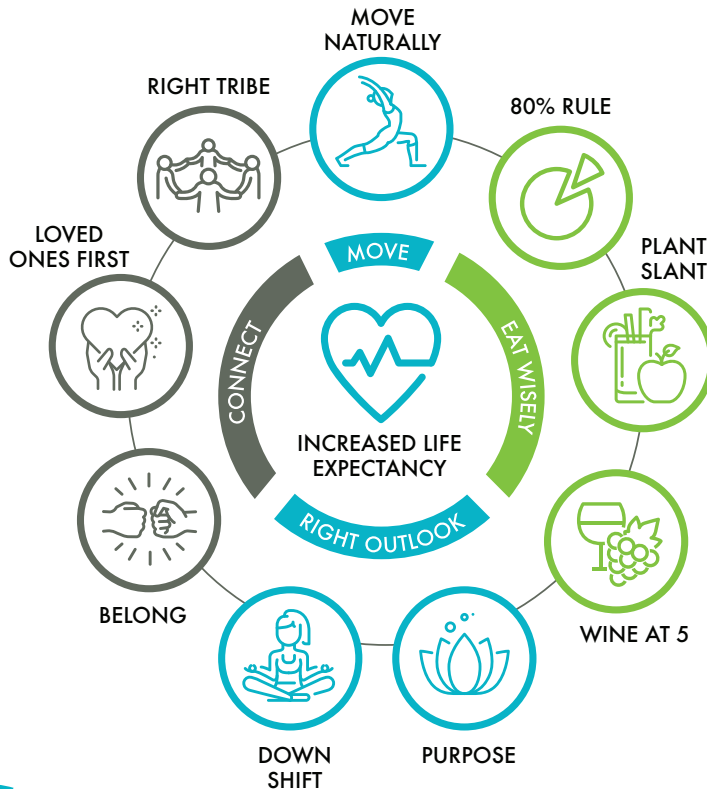


# Blue Zone-Inspired Community

## Balancing Lifestyle Habits for Well-Being and Longevity

Fountaingate Gardens encourages a lifestyle built around Blue Zone-inspired principles aimed at improving health and longevity through specific lifestyle habits: Creating purpose and reframing a positive outlook; embracing natural movement; feeding the soul; and, sharing constant connection in an engaged, active community.

**Live Happier, Live Healthier at Fountaingate Gardens... for the *Best* of Your Life!**



*Blue Zones* are regions around the world where a higher proportion of people live for more than 100 years.

By applying the principles we learn from those living in these regions, we can live longer, healthier, happier and more meaningful lives.

Step into this energetic, choice-filled lifestyle on Long Island. Call us today!