THE VILLAGES CAN ENJOY LONGER, HEALTHIER LIVES

USF’S PETERSEN KICKS OFF SPEAKER SERIES

STAFF REPORT

THE VILLAGES – Just because The Villages is America’s Healthiest Hometown doesn’t mean residents can’t benefit even more.

Nationally recognized public health expert, Dr. Donna Petersen, professor and dean of the College of Public Health at the University of South Florida in Tampa, will be sharing information with Villagers on Tuesday at 1 p.m. at Savannah Center on how they can maximize the health advantages of The Villages lifestyle.

According to Petersen, The Villages active lifestyle greatly benefits residents, both in terms of life expectancy and quality of life.

The Villages/USF Study will not only explore what additional steps Villagers can take to live longer and better lives, but will study how those health practices can benefit the next generation of retirees.

The Villages/USF Study is bringing some of the nation’s top health experts together in a comprehensive, focused look at how retirees can extend and improve their lives. Petersen’s lecture on Tuesday will begin exploring what steps Villagers can take on that road to great health.

The lecture is free, but seating is limited and tickets are required, which can be obtained through The Villages Box Office.

Dr. Donna Petersen, professor and dean of the College of Public Health at the University of South Florida in Tampa, is shown May 31 at Lake Sumter Landing in The Villages. Petersen will hold a free lecture at 1 p.m. Tuesday at Savannah Center on how residents can maximize the health advantages of The Villages lifestyle.