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Dear Dubuque Community Member,

Like you, I'm proud to be a citizen of Dubuque. And I want our town to keep getting better every day. That's why I'm sending you this email – so you'll join me in pledging to support the quest for Dubuque to become a Blue Zones Community™.

Towns that are named for the Blue Zones Project™ receive assistance from national experts for improving the well-being of their communities. To be included in the program, we need to show that all of our residents support Dubuque as a Blue Zones Community.

Go to bluezonesproject.com and sign up – or text BZP to 772937. And ask others to do the same. This simple act could have a positive impact on all of us for years to come.

Here's to our well-being!

Sincerely,

The Dubuque Blue Zones Committee