

# Maymester Abroad in NICOYA, COSTA RICA

Gero 489: Finding the Key to a Long, Happy  
Life in the World's Blue Zones  
-Dr. John Walsh

**WEEK 1: MAY 18-22 ON CAMPUS WEEKS 2-3:  
MAY 24-JUNE 6 IN COSTA RICA  
REGISTER WITH SPRING 2026 SCHEDULE OF CLASSES!**

Field Trips Include:

- Cooking Classes
- "Forest Bathing" in the jungle
- Wildlife sanctuary
- Coffee plantation
- Visit to Nicoya Spiritual Communities

Immerse yourself into lifestyles shown to improve quality of life and extend the lifespan by studying populations that live in communities referred to as "Blue Zones" throughout the world. Students will have the opportunity to visit two of the world's five Blue Zones: Loma Linda, California, and Nicoya, Costa Rica.

**FOR MORE INFORMATION OR TO RSVP FOR AN INFO SESSION, CONTACT:**

Sara Robinson, [sararobi@usc.edu](mailto:sararobi@usc.edu)