

# Join the Moai Movement:

## Connect with Local Groups

Belonging to a group of supportive, like-minded people who share your passion for healthy living is just as vital to your well-being as exercise and healthy eating. A Moai® (pronounced “Mo Eye”) is a group of people meeting for a common purpose, and can include activities like walking, purpose discussions and plant slant potluck meals.

### PRE-REGISTRATION REQUESTED

To be introduced to a group on this list, email [bluezonesproject@bchd.org](mailto:bluezonesproject@bchd.org) or call **310-374-3426, ext. 139**.

#### Join a Plant Slant Potluck Group

- Potluck Groups meet monthly and the commitment is flexible
- Bring a dish (8 servings) to share

#### Join a Walking Group

- Walking groups meet weekly and the commitment is flexible
- Walks are usually 60–70 minutes long

### PLANT SLANT POTLUCK GROUPS

Day	Time	Location	Notes
Second Tuesday (monthly)	6:30 – 8:30 p.m.	Beach Cities Health District, Beach Cities Room 514 N. Prospect Ave., Redondo Beach	Plant Based (Vegan) Colleen (lead)
Third Wednesday (monthly)	6 – 7:30 p.m.	Beach Cities Health District, Beach Cities Room 514 N. Prospect Ave., Redondo Beach	Plant Slant (Vegetarian) Kathleen (lead)
Sunday (date varies)	5 – 6:30 p.m.	Private home, location varies in the South Bay	Homemade Vegetarian and Recipe-sharing Kathy (lead)

Additional groups on page 2 ➡➡➡

Learn more at [bchd.org/moai](http://bchd.org/moai)



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## WALKING GROUPS

Day	Time	General Meeting Point	Notes
Monday	4 p.m.	Redondo Beach: King Harbor Yacht Club	April (lead) Brisk pace
Monday, Tuesday, Wednesday & Thursday	4 p.m.	Redondo Beach: Veteran's Park, meet at monument on Catalina & Torrance	Joan (lead) Moderate-brisk pace
Monday & Wednesday	6 p.m.	Redondo Beach: Redondo Beach Public Library, 303 N. PCH	Scott (lead)
Monday	6:30 p.m.	Redondo Beach: Meet at Birney School on Grant & Green	Teri (lead)
Tuesday	7:30 a.m.	Redondo Beach: Robinson St. & Phelan Ln.	Arnette (lead)
Tuesday & Thursday	7 a.m.	Redondo Beach: Meet on Carnelian, west of PCH	Teri (lead)
Wednesday (Monthly)	9 a.m.	Redondo Beach: Aviation Park	Tessa (lead) Parent Connection Groups give parents an opportunity to connect with other parents on a range of topics.
Thursday	9 a.m.	Redondo Beach: Meet at Avenue C at the Esplanade	Susan (lead) Leisurely pace
Thursday	4:30 p.m.	Manhattan Beach: Meet at American Martyrs Church	Howard (lead)
Thursday	6 p.m.	Redondo Beach: Meet at Alta Vista School	Kathy (lead) Dog friendly
Thursday	6:30 p.m.	Hermosa Beach: Meet at Hermosa Valley School	Teri (lead)
Saturday	8 a.m.	Redondo Beach: Meet at Sapphire St & S Elvira Ave	Roberta (lead) Moderate pace
Tuesday (Monthly)	Time Varies	Location varies: Bring your camera for this Photography Walk	KC (lead)
Monday (Weekly)	9:30 a.m.	Redondo Beach: Esplanade at Knob Hill Ave. Walking and Doggie Playdate	Sabra (lead) Dog friendly

## RESTAURANT DINING

Day	Time	General Meeting Point	Notes
Second Wednesday (monthly)	12:30 – 2 p.m.	Dining together at different Blue Zones Restaurants in the beach cities	Teri (lead)

## PURPOSE DISCUSSION GROUPS

Day	Time	General Meeting Point	Notes
Varies	Varies	Varies by group availability based on a 10-week series	Purpose convener assigned