

Connect with new friends by joining a Walking or Potluck Group!

Belonging to a group of supportive, like-minded people who share your passion for healthy living might be the single-most powerful thing you can do to change your lifestyle for the better. A Moai (pronounced “Mo Eye”) is a group of people meeting for a common purpose, and can include activities like walking, purpose discussions and potluck meals.

PRE-REGISTRATION REQUESTED

Participants must pre-register to participate. To join a group on this list, contact Tiana Rideout at tiana.rideout@bchd.org or 310-374-3426, ext. 139.

Join a Walking Group

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

Join a Potluck Group

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

WALKING GROUPS

| Day | Time | General Meeting Point | Notes |
|--------------------|--------|---|---------------------------|
| Monday | 4:00pm | Redondo Beach: King Harbor Yacht Club | April (lead) |
| Monday & Wednesday | 4:15pm | Redondo Beach: Veteran’s Park, meet at monument on Catalina & Torrance, then walk four miles along Esplanade | Joan (lead) Brisk pace |
| Monday & Wednesday | 6:00pm | Redondo Beach : Redondo Beach Public Library, 303 N. Pacific Coast Hwy. | Deena (lead) |
| Monday | 6:30pm | Redondo Beach: Meet at Birney School on Grant & Green | Teri (lead) |
| Tuesday & Thursday | 7:00am | Redondo Beach: Meet at Catalina Coffee | Teri (lead) |

Learn more at bchd.org/bzp



Copyright © 2017 Blue Zones, LLC and Healthways, Inc. All rights reserved.

514 N. Prospect Ave., 1st Floor, Redondo Beach, CA 90277 • 310-374-3426 • www.bchd.org/bzp

Walking groups continued

| | | | |
|--------------------|--------|---|--------------------------------|
| Tuesday & Thursday | 4:15pm | Hermosa Beach: Meet on The Strand at Herondo, walk north to wall and back | Joan (lead) Brisk pace |
| Wednesday | 9:00am | Redondo Beach: Meet at Avenue C at the Esplanade, walk to RB Pier and back | Choon (lead) |
| Thursday | 8:30am | Manhattan Beach: Meet at 2nd St & Ardmore on the Greenbelt | Dina (lead) Moderate pace |
| Thursday | 9:00am | Redondo Beach: Meet at Avenue C at the Esplanade, to RB Pier and back | Susan (lead) Leisurely pace |
| Thursday | 5:00pm | Manhattan Beach: Meet at American Martyrs Church | Howard (lead) |
| Thursday | 6:00pm | Redondo Beach: Meet at Alta Vista School | Kathy (lead) Dog friendly |
| Thursday | 6:30pm | Hermosa Beach: Meet at Hermosa Valley School | Teri (lead) |
| Saturday | 8:00am | Redondo Beach: Meet at Sapphire St & S Elvira Ave | Karen (lead) Moderate pace |
| Sunday | 9:00am | Redondo Beach: Meet at Immanuel Lutheran Church | Debbi (lead) |

POTLUCK GROUPS

| Day | Time | Location | Notes |
|---------------------------------------|-------------|---|--|
| Tuesday (second week of every month) | 6:30-8:30pm | Beach Cities Health District Admin Office, meet at 1200 Del Amo St, Redondo Beach | Colleen (lead) Vegan |
| Wednesday (third week of every month) | 6-7:30pm | Beach Cities Health District Admin Office, meet at 1200 Del Amo St, Redondo Beach | Diana (lead) Vegetarian & plant-slant |
| Sunday (date varies) | 6-7:30pm | Private home, location varies in the South Bay | Kathy (lead) Vegetarian & plant-slant |

ADDITIONAL ACTIVITIES

| Day | Time | Location | Notes |
|--|-----------|--|--|
| Wednesday (second week of every month) | 12:30-2pm | Rotates monthly to experience a different Blue Zones-designated restaurant in the beach cities | Teri (lead) Dining together at a restaurant |
| Wednesday (first week of every month) | 5:30-6pm | Mindfulness Drop-in: Beach Cities Health District, Lower Level in Redondo Room, 514 N. Prospect Ave | Tiana (lead) Take 30 minutes to downshift and practice mindfulness techniques |