Connect to more well-being

Join or Start a Moai

You can live longer, better by starting or joining a Moai® - and help your friends too! They’re social groups that gather for a common purpose and support positive, healthy behaviors. They’re walking, cooking, eating and more. And they’re making healthy choices easier for everyone.

**Two Ways to Moai**

**1. Start your own Moai**
- Choose a fun, positive activity for your group
- Register your Moai at bchd.org/moai
- Connect and invite friends to join

**2. Join an existing Moai Group or attend the next matching event:**

**April 27**
9 - 10:30 a.m.

BCHD, Center for Health & Fitness
514 N. Prospect Ave., Second Floor, Silver Room
Register at bchd.org/moai

**Prizes & Perks!**
Register your Moai at bchd.org/moai and complete your 10-week commitment to have the chance to win prizes:
- $10 gift card to a Blue Zones Project Approved™ Restaurant or Grocery Store
- Blue Zones Project® t-shirt and swag
Power 9 your Moai

Focus your Moai on fun, healthy activities like these, based on Power 9® principles for living longer, better.

- Move Naturally – walking, gardening
- Eat Wisely – plant slant potlucks
- Connect – hobbies, conversation groups
- Right Outlook – volunteer, purpose discussion

Find Support & Positive Energy

The word “Moai” comes from Okinawa, Japan, where neighbor groups traditionally join and support each other in times of need. Okinawa is one of the original Blue Zones®, identified by researchers as home to some of the world’s longest-living people.

People who feel connected and supported in their communities are happier, have fewer health problems and live longer than those who don’t.

"Walking together has created great friendships over the years. I love being a part of my Moai.

– Teri, 7-Year Moai Leader"
FAMILIES CONNECTED

SPAKER SERIES

NEW DATE:

“Carving Out Your Creativity,”
Presented by World Champion Skateboarder Rodney Mullen

Thursday, March 28, 6:30 - 8 p.m.

Hermosa Beach Community Center
710 Pier Ave., Hermosa Beach

Childcare available through AdventurePlex

Register at southbayfamiliesconnected.org

For mental health referrals, go to bchd.org/resources

MORE PARENT OPPORTUNITIES

Families Connected Parent Chat
This free support group open to all parents is held every Monday and led by a licensed professional from the Thelma McMillen Center at Torrance Memorial Medical Center.

Every Monday, 10 – 11 a.m.
Beach Cities Health District
514 N. Prospect Ave., Suite 102, Redondo Beach

There will be no Parent Chat on Feb. 18
No registration necessary

Parent Connection Groups
These informal walking groups give parents an opportunity to connect with other parents on a range of topics. Groups are led by parent volunteers.

Wednesdays: Feb. 27
Mar. 27
Apr. 24
May 29
June 26

9 – 10 a.m.
Aviation Park
1935 Manhattan Beach Blvd., Redondo Beach

No registration necessary

Community Partner Spotlight
PFLAG and Other South Bay Support Groups
There is a new PFLAG chapter in the South Bay. Lesbian, gay, bisexual, transgender, gender expansive, non-binary and queer (LGBTQ+) individuals and parents, families and friends of those who identify as LGBTQ+ are invited to attend PFLAG meetings.

First Tuesday of every month from 7 – 9 p.m.
Manhattan Beach Community Church - Fireside Room
303 S. Peck Ave., Manhattan Beach

For a full list of support groups in the South Bay, go to bchd.org/resources
Mindfulness Drop-in
Take 30 minutes to downshift and practice mindfulness techniques.

Center for Health & Fitness
514 N. Prospect Ave.
2nd Floor, Silver Room
Redondo Beach

First Wednesday of the month
5:30 – 6 p.m.
*Excluding July – second Wednesday of the month

For more information, visit bchd.org/mindfulness
or contact us at bluezonesproject@bchd.org or
(310) 374-3426, ext. 139
Want to Help
Make a Difference?

Our network of more than 1,000 community volunteers play an integral role in improving the health and wellness of Beach Cities residents – but they also improve their own well-being in the process! Research shows that volunteering is linked to a stronger sense of purpose, increased longevity and greater life satisfaction. Here are just some of the ways you can give yourself and others in our community the gift of better health:

Garden Angels
Get your hands dirty in support of our LiveWell Kids obesity prevention program by helping maintain nine elementary school gardens in Hermosa Beach and Redondo Beach.

Garden Docents
Inspire elementary school students to adopt a healthy appreciation for farm-to-table nutrition by teaching LiveWell Kids garden lessons on planting, harvesting, mindful eating and composting.

AdventurePlex
Help families play their way to good health at BCHD’s indoor play facility in Manhattan Beach. Volunteers assist with crafts, games, classes and other fun activities.

Lend a healthy hand today by calling 310-374-3426, ext. 246, or visiting bchd.org/volunteer.

Did you know?
Last year, 523 volunteers taught 1,222 LiveWell Kids nutrition and garden lessons to 5,650 elementary school students.
FREE Health Information & Referrals

FIND A VARIETY OF LOCAL COMMUNITY HEALTH RESOURCES AND REFERRALS:

Beach Cities Health District
bchd.org/resources
310-374-3426, ext. 256

Your hub for health and well-being in the Beach Cities.

514 N. Prospect Ave., Suite 102, Redondo Beach, CA 90277