

BLUE ZONES PROJECT® Week



Join Beach Cities Health District (BCHD) for Blue Zones Project Week! Connect with your community through moais, discover your purpose and find discounts and specials at select Blue Zones Project Approved restaurants and grocery stores.



Kindness Moai

Learn how to ground yourself in intention to create a kinder and healthier world through sharing self-reflections and stories of kindness. Refreshments will be provided. Register by scanning the QR code below.

Wednesday, November 4

12 – 1 p.m.

AdventurePlex

1701 Marine Ave.,
Manhattan Beach, CA 90266

allcove Purpose Workshop

For young people ages 12-25.
An interactive discussion on supporting your exploration and sense of purpose.

Wednesday, November 4

4:30 – 5:30 p.m.

allcove Beach Cities

514 N. Prospect Ave., 4th floor,
Redondo Beach, CA 90277

Wilderness Walk Moai

A mindful walk in nature in partnership with South Bay Parkland Conservancy. Register by scanning the QR code below.

Thursday, November 5

10 – 11 a.m.

Hopkins Wilderness Park

1102 Camino Real,
Redondo Beach, CA 90277

Dine and Shop Locally

Enjoy discounts and special offers from select Blue Zones Project Approved Restaurants and Grocery stores from **Sunday, Nov. 1 – Saturday, Nov. 7!**

To redeem, you may be asked to show this flyer. To view an updated list of participating retailers, please visit bchd.org/bzp.

Discounts and special offers listed above are valid at participating locations from 11/1/2026 - 11/7/2026 and may be subject to change.



bchd.org/bzp



Happy Veggie - 20% off



Bollywood Zaika - 10% off



lil'Vegerie - 15% off



muun chi - 10% off Pumpkin Pudding



Kirari West - 10% off



Lido di Manhattan - 3 pieces of summer Rolls (Appetizer) with Eggplant Parmesan- side of Broccoli for \$30



Mychal's Café - Blue Zones Dish Highlight: Black Bean Sliders

