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.

Happy Veggie - 20% off

Bollywood Zaika - 10% off

lil'Vegerie - 15% off

muun chi - 10% off Kvass and Seed & Nut Crunch

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

bchd.org/bzp

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BCHD Beach Cities Health District