

BLUE ZONES PROJECT SOCIAL HOUR Mychal's Café



This event is open to all community members and is designed as an evening of connection, conversation, and community-building. As part of the gathering, we'll also take a moment to recognize and celebrate our incredible BCHD volunteers who contribute their time and energy throughout the year.

We hope you'll join us for good food and company and an opportunity to practice a few of the Blue Zones Project's Power 9[®] Principles, such as Down Shift and Positive Pack, all while supporting a Blue Zones Project Approved[™] Restaurant.

We look forward to seeing you there!

THURSDAY, APRIL 9
4 – 6 p.m.



MYCHAL'S
Café & Bakery

2302 Artesia Blvd,
Redondo Beach, CA 90278

Register here



bchd.org/socialhour

If you have any questions, please reach out to Jackie Uy (Jackie.Uy@bchd.org).

