

Connect with new friends by joining a Moai Social Group!

Belonging to a group of supportive, like-minded people who share your passion for healthy living is just as vital to your well-being as exercise and healthy eating. A Moai (pronounced “Mo Eye”) is a group of people meeting for a common purpose, and can include activities like walking, purpose discussions and plant slant potluck meals.

PRE-REGISTRATION REQUESTED

To be introduced to a group on this list, contact Tiana Rideout at tiana.rideout@bchd.org or 310-374-3426, ext. 139.

Join a Plant Slant Potluck Group

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

Join a Walking Group

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

PLANT SLANT POTLUCK GROUPS

Day	Time	Location	Notes
Second Tuesday (monthly)	6:30-8:30pm	Beach Cities Health District Admin Office, meet at 1200 Del Amo St, Redondo Beach	Plant Based (Vegan) Colleen (lead)
Third Wednesday (monthly)	6-7:30pm	Beach Cities Health District Admin Office, meet at 1200 Del Amo St, Redondo Beach	Plant Slant (Vegetarian) Kathy (lead)
Sunday (date varies)	5-6:30pm	Private home, location varies in the South Bay	Homemade Vegetarian and Recipe-sharing Kathy (lead)

Additional groups on page 2 ➡➡➡

Learn more at bchd.org/moai



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WALKING GROUPS

Day	Time	General Meeting Point	Notes
Monday	4:00pm	Redondo Beach: King Harbor Yacht Club	April (lead) Brisk pace
Monday, Tuesday, Wednesday & Thursday	4:00pm	Redondo Beach: Veteran's Park, meet at monument on Catalina & Torrance	Joan (lead) Brisk pace
Monday & Wednesday	6:00pm	Redondo Beach: Redondo Beach Public Library, 303 N. PCH	Scott (lead)
Monday	6:30pm	Redondo Beach: Meet at Birney School on Grant & Green	Teri (lead)
Tuesday & Thursday	7:00am	Redondo Beach: Meet on Carnelian, west of PCH	Teri (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	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
Saturday	9:30am	Manhattan Beach: Meet at MB Pier	Warren (lead) Fun run pace
Day Varies (Monthly)	Time Varies	Location varies: Bring your camera for this "Walking Photo Safari"	KC (lead)
Day Varies (Monthly)	Time Varies	Location varies: Walking and Doggie Playdate	Sabra (lead) Dog friendly

RESTAURANT DINING

Day	Time	General Meeting Point	Notes
Second Wednesday (monthly)	12:30-2pm	Dining together at different Blue Zones Restaurants in the beach cities	Teri (lead)