

GET HEALTHIER, HAPPIER AND MORE CONNECTED WITH A MOAI

BETTER TOGETHER

THE POWER OF CONNECTION



The concept of a Moai (pronounced moh-eye) emerged in Okinawa, Japan, one of the original blue zones, translates to “meeting for a common purpose.”

When a group of friends gathers regularly to support and encourage each other, the connections they forge help support healthy longevity. Blue Zones Project’s “Moais” are groups of five to eight friends that meet weekly for ten weeks. We offer three types of Moais for your community. Check them out and join us!

Walking Moai: Gather with friends, coworkers or neighbors for a weekly walk and talk. Walking Moais blend the power of connection with the physical, mental and emotional benefits of walking. Enjoy the fresh air and strengthen social bonds with a Blue Zones Project Walking Moai.

Purpose Moai: Through Purpose Moais, you can build relationships that help you play to your strengths and contribute meaningfully to your community. Living with purpose is a proven way to add years to your life and life to your years, and surrounding yourself with a supportive team through a Purpose Moai can help you to find and live your purpose.

Potluck Moai: Gather round! Potluck Moais bring together five to eight people for a shared weekly meal. Over the course of a few months, you'll build healthy eating habits and fulfilling friendships, both of which are key to living longer, better.

Learn more about each of these opportunities and find your Moai at mendocinocounty.bluezonesproject.com.



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