



FIND YOUR PACK

Learn more about Moais!

When a group of friends gathers regularly to support and encourage each other, the connections they create can support healthy longevity. Blue Zones Project “Moais” are groups of five to eight friends that meet weekly for 10 weeks.

Walking Moai:

Gather with friends, coworkers or neighbors for a weekly walk and talk. These Moais blend the power of connection with the physical, mental and emotional benefits of walking.

Social Connections Moai:

Build authentic relationships with your community through regular Book Club meet-ups, art workshops and more.

Purpose Moai:

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.

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 better, longer.



Scan to learn more
about our current Moais

