



BLUE ZONES PROJECT
by sharecare

Blue Zones Project Upcoming Fall Events 2020

Walking Moais – Round 1 Runs September – Mid November 2020

Groups walk once a week for 30 minutes for ten weeks. Once groups get started, they can decide to meet more often or walk longer.

**Group 1 – Starting September 8 - Tuesdays 8:00 AM at Park's & Rec Ballfields –
Advanced Walkers Group**

**Group 2 – Starting September 9 - Wednesdays 12:00 noon at Brevard Music Center –
Mixed Group**

**Group 3 – Starting September 10 - Thursdays 5:30 PM at Lowe's – Forest Walk – Mixed
Group**

**Group 4 - Starting September 11 - Fridays 9:00 AM at Railroad Ave Depot – Mixed Group
walking thru town**

To join a Walking Moai you must RSVP to Tammy.Hopkins@Sharecare.com. Groups will be kept small for COVID safety.

September 10 - Blue Zones Project Virtual Purpose Workshop

10 am – 12 noon

What Gets You Out of Bed in the Morning? Sure, alarms can wake you. But what motivates your day? What matters most to you? The answers connect to purpose. And understanding yours can give your life a healthy focus. These free Purpose Workshops are led by certified facilitators. They use an interactive process to help you reflect on your strengths and clarify what matters to you. The results can lead to more purposeful living. Less stress. And more satisfying days. To RSVP email bluezonesprojectbrevard@sharecare.com. Learn more about the Blue Zones Project at www.Brevard.BlueZonesProject.com.

September 17 - Private Group ROTARY

Blue Zones Project Virtual Purpose Workshop 6 pm – 8 pm

September 22 - BZP Cooking Demo with Katina Hansen

Blue Ridge Bakery 2:30 pm

On September 22 at 2:30 pm, Katina Hansen from the Blue Ridge Bakery will partner with the Blue Zones Project Brevard team to present a virtual BZP cooking demo. Join us for some fun cooking in the kitchen with Katina! To participate please RSVP to Tammy.Hopkins@Sharecare.com. Once registered more information and recipes will be sent to you via email. To learn more about the Blue Zones Project go to www.brevard.bluezonesproject.com or follow us on <https://www.facebook.com/bzpbrevard/>.

September 29 - Blue Zones Project Virtual Purpose Workshop

3 pm – 5 pm

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October 5 - Blue Zones Project Purpose Workshop 1 pm – 3 pm

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October 13 – BZP Cooking Demo with Katina Hansen

Blue Ridge Bakery 2:30 pm

On October 13 at 2:30 pm, Katina Hansen from the Blue Ridge Bakery will partner with the Blue Zones Project Brevard team to present a BZP cooking demo. Join us for some fun cooking in the kitchen with Katina! To participate please RSVP to Tammy.Hopkins@Sharecare.com. Once

registered more information and recipes will be sent to you via email. To learn more about the Blue Zones Project go to www.brevard.bluezonesproject.com or follow us <https://www.facebook.com/bzpbrevard/>.

October 19 - Blue Zones Project Purpose Workshop 1 pm – 3 pm

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November 9 - Blue Zones Project Purpose Workshop

10 am – 12 noon

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November 12 - Blue Zones Project Purpose Workshop 4 pm – 6 pm

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