

# SEPT 19

11 a.m. – 3 p.m.

1131 Manhattan Ave.,  
Manhattan Beach, CA 90266

# PARK(ing) DAY

## For the HEALTH of it!

**PARK(ing) Day temporarily transforms parking spaces into public parks. Join the City of Manhattan Beach to:**

- Learn about Breathe Free MB and how you can support this community initiative
- Enjoy healthy bites from Blue Zones Restaurants, including Little Sister
- Experience the well-being benefits of an outdoor gathering space



BLUE ZONES PROJECT<sup>®</sup>  
by HEALTHWAYS



Beach Cities  
Health District  
A Public Agency