

Celebrating Our Dedicated Volunteers

At Blue Zones Project Mendocino County, we're proud to recognize the incredible individuals who give their time and energy to make Mendocino County a healthier, happier place. This month, we're shining a light on several outstanding volunteers whose commitment to community well-being continues to inspire us all.

Julian Sanchez of the Mendocino Coast Children's Fund exemplifies dedication in action. For the second year in a row, she has taken the lead in organizing a beach cleanup in collaboration with our project and continues to inspire others to join local Walking Moais.

Andrea Medina, owner of Cafe 1, has generously contributed over 50 volunteer hours, opening her restaurant to host Blue Zones Cooking Demonstrations and Friends at 5 events. In addition, she has led two Walking Moais, encouraging others to move naturally and build community.

Jennie Stevens first connected with us through the Redwood Coast Senior Center, where she invited us to launch a Walking Moai. After successfully organizing and leading that group, she's now starting another at the Caspar Community Center. Jennie is also launching *Caspar Cares*, a volunteer initiative focused on neighborhood cleanups and trail improvements.

Mo Mulheren has dedicated over 30 hours to leading a County Fusion Moai in Redwood Valley, reaching more than 50 participants per class and helping them take steps toward healthier lifestyles.

Faviola Olimon is currently leading an all-abilities walking moai and has previously guided another walking group with us. She also supports the *Muévete Por Tu Salud* Moai as a Zumba instructor, alongside Lili, volunteering more than 30 hours.

Vernon Budinger has selflessly contributed over 90 hours leading the HREC Walking Moai in the Hopland area, fostering physical activity and connection in the community.

Jennifer Lutge has been a dynamic force, dedicating her time to leading cooking demonstrations and actively participating in both the *Flourish and Flow Mendo* and Movement Moais.

Flourish and Flow Mendo, owned by **Erin Corley**, has become a community hub in Willits. Erin and her team have volunteered more than 120 hours, offering inclusive and uplifting opportunities for people to move naturally. Erin led a popular Sound Yoga Moai in the park, and her instructors—Amy Bozzo (*Dance Fit*), Malissa Donegan (*Groove*), and Anne Hammond (*Zumba Gold*)—have each led successful movement moais.

As participant **Anne Hammond** shared:

"I appreciate the Blue Zones Project for bringing the community together here at Flourish and Flow Mendo. It has allowed people who might not be able to afford to come to dance classes to join in, form friendships, and keep coming back. I also appreciate Flourish and Flow because they accept everyone—no matter your size or age—as long as you have a great attitude and are happy to be here."

We are deeply grateful to all of our volunteers for their time, energy, and commitment. Your efforts are truly shaping a stronger, more connected Mendocino County.

Want to get involved? If you're interested in helping build a healthier, happier community, we'd love to hear from you. Contact us to learn about the many ways you can participate.