

STICKER HUNT, 2.3 MILES

DOWNTOWN PORTLAND ROUTE

September 14, 2025 | noon to 5 p.m.

CITY OF PORTLAND 2025
**Sunday
PARKWAYS**

PRESENTED BY
 KAISER PERMANENTE®



PIONEER COURTHOUSE SQUARE

PLACE
NOURISH
STICKER
HERE

PLACE
SUNDAY
PARKWAYS
INFO BOOTH
STICKER
HERE

LOVEJOY FOUNTAIN

PLACE
PLAY
STICKER
HERE

SOUTH PARK BLOCKS

PLACE
MOVE
STICKER
HERE

DIRECTOR PARK

PLACE
CONNECT
STICKER
HERE

HOW TO PLAY

1. Visit all marked locations on the map, then do the activity at each of the Kaiser Permanente sticker hunt stops to receive a sticker for your map.
2. Bring your completed map (5 stickers) to any Kaiser Permanente booth to receive a prize.

Note: Limit 1 completed map per participant, while supplies last.

WE CAN DO THIS



One of the easiest ways to boost your mood is simply to get your body moving. By participating in today's event, you'll find some fresh inspiration to help you **PLAY, CONNECT, MOVE, and NOURISH**. Consider it your own prescription to thrive in the way that feels great to you.

PLAY at Lovejoy Fountain

Benefits of playing:

- Relieve stress
- Stimulate the brain
- Connect with others
- Feel energized

CONNECT at Director Park

Benefits of connecting:

- Cultivate resiliency
- Strengthen your immune system
- Lower anxiety and depression
- Increase self-esteem
- Improve mood

MOVE at South Park Blocks

Benefits of moving:

- Protect against severe illness
- Reduce risk of heart disease
- Improve mood
- Help control weight
- Strengthen bones and muscles
- Improve sleep

NOURISH at Pioneer Courthouse Square

Benefits of nourishing your body:

- Positively impact physical and emotional health
- Feel energized
- Boost immune system
- Improve overall health