

# STICKER HUNT, 4 MILES

## EAST PORTLAND ROUTE

June 28, 2026 | 11 a.m.-4 p.m.

# CITY OF PORTLAND 2026 Sunday PARKWAYS

PRESENTED BY  
KAISER PERMANENTE.



### VENTURA PARK



### LINCOLN PARK



### PARKLANE PARK



### VERDELL BURDINE RUTHERFORD PARK



## HOW TO PLAY

1. Visit all locations on the map, then do the activity at each of the 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 Ventura Park**

### **Benefits of playing:**

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

## **CONNECT at Verdell Burdine Rutherford Park**

### **Benefits of connecting:**

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

## **MOVE at Lincoln Park**

### **Benefits of moving:**

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

## **NOURISH at Parklane Park**

### **Benefits of nourishing your body:**

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