

STICKER HUNT, 6.7 MILES

NORTH PORTLAND ROUTE

August 2, 2026 | 11 a.m.-4 p.m.

CITY OF PORTLAND 2026
Sunday PARKWAYS

PRESENTED BY
KAISER PERMANENTE.



DOWNTOWN ST. JOHNS

PLACE
NOURISH
STICKER
HERE

PLACE
SUNDAY
PARKWAYS
INFO BOOTH
STICKER
HERE

McCOY PARK

PLACE
PLAY
STICKER
HERE

McKENNA PARK

PLACE
MOVE
STICKER
HERE

COLUMBIA PARK AND ANNEX

PLACE
CONNECT
STICKER
HERE

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 McCoy Park

Benefits of playing:

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

CONNECT at Columbia Park

Benefits of connecting:

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

MOVE at McKenna Park

Benefits of moving:

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

NOURISH at Downtown St. Johns

Benefits of nourishing your body:

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