

STICKER HUNT

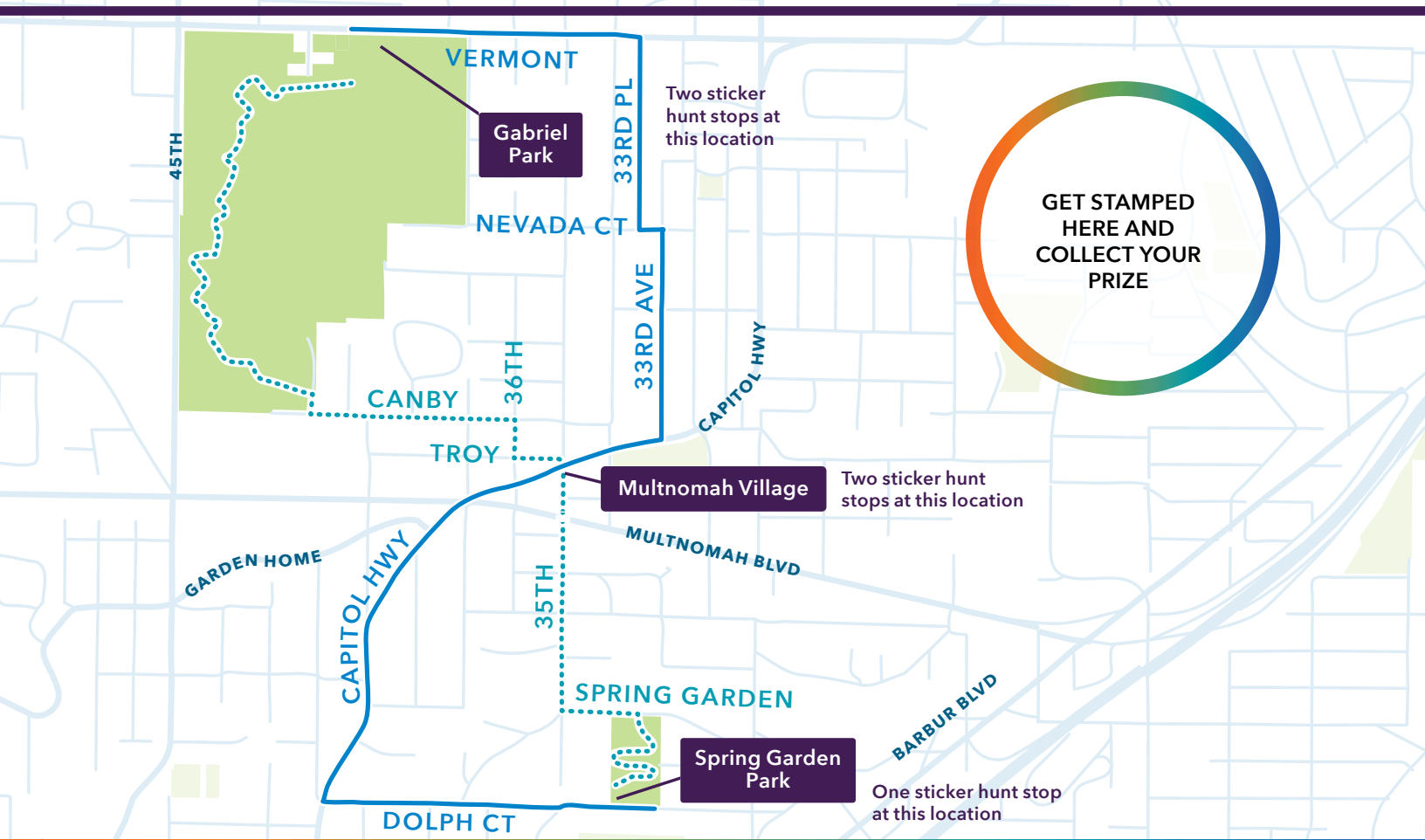
MULTI-MODAL ROUTE: 2 MILES —
WALKING ROUTE: 1.5 MILES ······

SOUTHWEST PORTLAND ROUTE

September 22, 2024 | 11 a.m.–4 p.m.

CITY OF PORTLAND 2024 Sunday PARKWAYS

PRESENTED BY
KAISER PERMANENTE®



MULTNOMAH VILLAGE



GABRIEL PARK



SPRING GARDEN 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. We hope to see you out there!

PLAY at Spring Garden Park

Benefits of playing:

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

CONNECT at Multnomah Village

Benefits of connecting:

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

MOVE at Gabriel Park

Benefits of moving:

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

NOURISH at Multnomah Village

Benefits of nourishing your body:

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