

STICKER HUNT

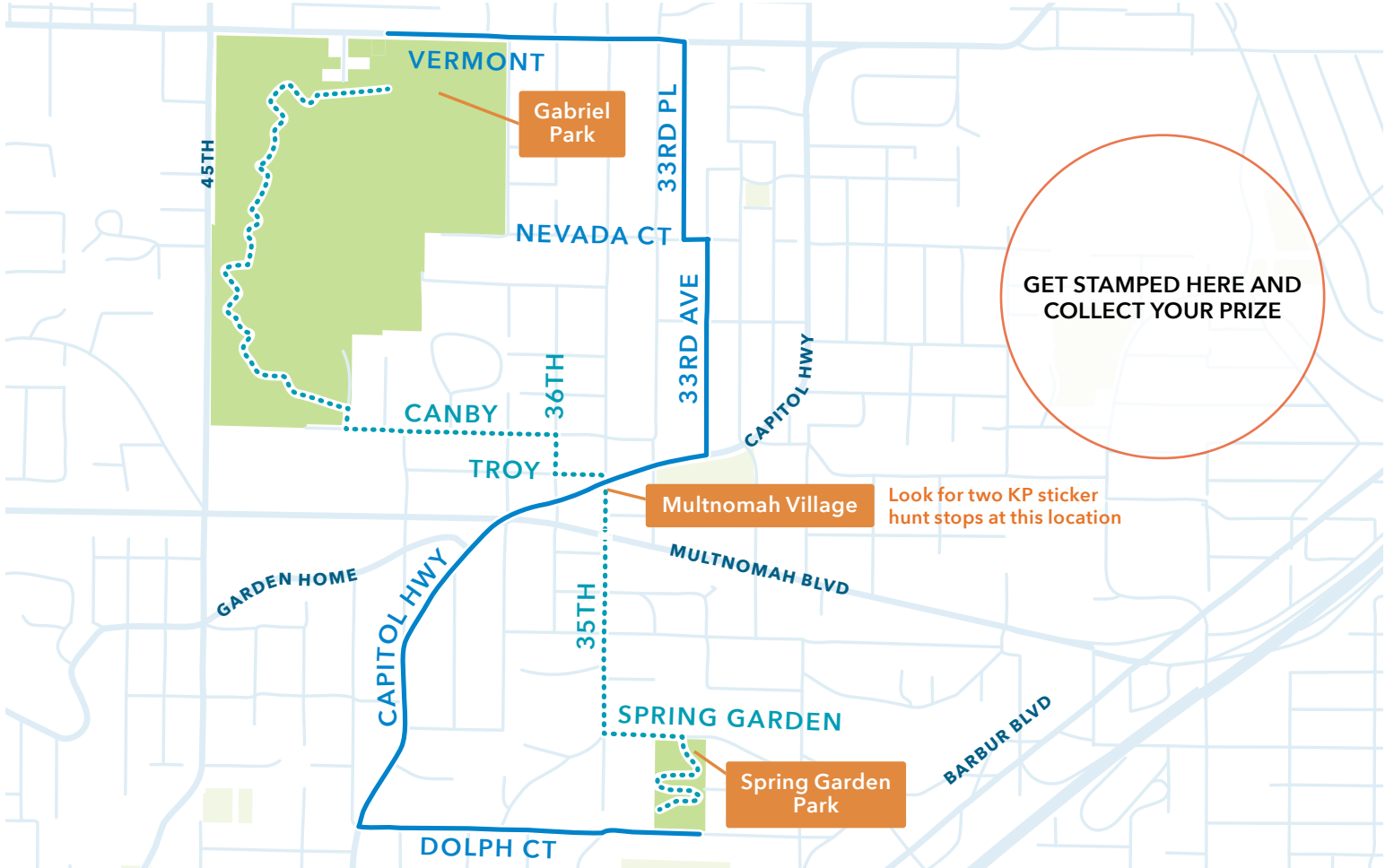
MULTI-MODAL ROUTE: 2 MILES
WALKING ROUTE: 1.5 MILES

SOUTHWEST PORTLAND ROUTE

September 10, 2023 | 11 a.m. - 4 p.m.

CITY OF PORTLAND 2023 Sunday PARKWAYS

PRESENTED BY
KAISER PERMANENTE®



HOW TO PLAY

1. Visit all locations on the map, then do the activity at each of the 4 Kaiser Permanente sticker hunt stops to receive a sticker for your map. Look for 2 KP sticker hunt stops at the Multnomah Village location.
 2. Bring your completed map (4 stickers) to any Kaiser Permanente sticker hunt stop to receive a KP bike bell (pictured below).
 3. **PLAY, CONNECT, MOVE,** and **NOURISH** all summer long!
- 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

Playing can relieve stress, stimulate the brain, improve your connection to others, and keep you feeling energetic. Play with us this summer!

CONNECT

Connecting with friends and family can cultivate resiliency after experiencing hardship. It can also strengthen your immune system, lower anxiety and depression, increase self-esteem, and push the happy meter up.

MOVE

Moving often, at least 30 minutes of activity each day, can protect you against severe COVID-19, reduce your risk of heart diseases, improve your mood, help control your weight, strengthen your bones and muscles, and improve your sleep.

NOURISH

Nourishing your body is important. What you eat has a crucial impact on your physical and emotional health. That's why our doctors, nurses, therapists, and dietitians are passionate about growing, cooking, and eating wholesome food for a healthier life.