



TAKE A **STEP** TOWARD BETTER HEALTH!

Walking on the 1st and 3rd Saturdays of every month at 10:00 AM

Upcoming events:

October 3

October 17

Leader: Linda Y. Moore, MD

Location: Holladay Park

NE 11th Avenue & 232

(Meet in the alcove of Lloyd Center Mall on NE Multnomah Street, across the street from Holladay Park)

This walking program is a fun and safe place to take a walk (at your own pace), learn health tips from local healthcare professionals, and meet new people. The event is **FREE** and all are welcome!

WALKwith a DOC.org

Learn more and register:



(alcove on NE Multnomah St.)



We are part of an international nonprofit – Chapter # 32315