



TAKE A **STEP** TOWARD BETTER HEALTH!

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

Upcoming events:

July 18

August 1

Leader: Linda Y. Moore, MD

Location: Lloyd Center Mall

2201 Lloyd Center, Portland, OR 97232

(Meet On Level 2 Inside the Mall in the walkway front of Barnes & Noble Bookstore)

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!

Learn more and register:



WALKwith a DOC.org



We are part of an international nonprofit – Chapter # 32315