



TAKE A **STEP** TOWARD BETTER HEALTH!

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

Upcoming events:

March 7, 2026

March 21, 2026

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:



WALKwitha**DOC.org**

