



# TAKE A **STEP** TOWARD BETTER HEALTH!

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

**Upcoming events:**

**June 6**

**June 20**

**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:**



**WALK**witha**DOC.org**



We are part of an international nonprofit – Chapter # 32315