WALK® WITH a DOC

educate. exercise. empower.



TAKE A **STEP** TOWARD BETTER HEALTH!

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

Upcoming events:

~~**November 7**~~

November 21

CANCELLED
I look forward to seeing you on November 21st

Leader: Linda Y. Moore, MD

Location: Holladay Park

NE 11th Avenue & Multnomah St.
Portland, OR 97232

(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!

WALKwithaDOC.org

Learn more and register:



(alcove on NE Multnomah St.)





We are part of an international nonprofit – Chapter # **32315**