

# STICKER HUNT, 3.3 MILES

## EAST PORTLAND ROUTE

May 19, 2024 | 11 a.m.–4 p.m.

# CITY OF PORTLAND 2024 Sunday PARKWAYS

PRESENTED BY  
KAISER PERMANENTE®



### GATEWAY DISCOVERY PARK

PLACE  
CONNECT  
STICKER  
HERE

PLACE  
NOURISH  
STICKER  
HERE

### VENTURA PARK

PLACE  
MOVE  
STICKER  
HERE

PLACE  
SUNDAY  
PARKWAYS  
INFO BOOTH  
STICKER  
HERE

### LINCOLN PARK

PLACE  
PLAY  
STICKER  
HERE

## HOW TO PLAY

1. Visit all locations on the map, then do the activity at each of the sticker hunt stops to receive a sticker for your map.
2. Bring your completed map (5 stickers) to any Kaiser Permanente booth to receive a prize.

**Note:** Limit 1 completed map per participant, while supplies last.





# WE CAN DO THIS

One of the easiest ways to boost your mood is simply to get your body moving. By participating in today's event, you'll find some fresh inspiration to help you **PLAY, CONNECT, MOVE,** and **NOURISH.** Consider it your own prescription to thrive in the way that feels great to you. We hope to see you out there!

## **PLAY at Lincoln Park**

### **Benefits of playing:**

- Relieve stress
- Stimulate the brain
- Connect with others
- Feel energized

## **CONNECT at Gateway Discovery Park**

### **Benefits of connecting:**

- Cultivate resiliency
- Strengthen your immune system
- Lower anxiety and depression
- Increase self-esteem
- Improve mood

## **MOVE at Ventura Park**

### **Benefits of moving:**

- Protect against severe illness
- Reduce risk of heart disease
- Improve mood
- Help control weight
- Strengthen bones and muscles
- Improve sleep

## **NOURISH at Gateway Discovery Park**

### **Benefits of nourishing your body:**

- Positively impact physical and emotional health
- Feel energized
- Boost immune system
- Improve overall health