

Northwest Permanente Wellness Passport Guidelines

April – June 2019

Social: **NWP Group Run in Forest Park**

Group Run

7:30am – Leif Erickson Trailhead, 4198-4100 NW Leif Erikson Dr, Portland, OR 97210

Meet at Leif Erickson Trailhead. Exact pace, route and distance to be determined by group. Average runs are 5-6 miles@ 9:00-11:00 minute pace, nobody left behind. Attend one or more of the following dates:

Sunday, April 7

Saturday, May 4

Sunday, June 2

Please submit all documentation to NWP Wellness, KPB 16
or e-mail: nwpwellness@kp.org