

Northwest Permanente Wellness Passport Guidelines

July - September 2018

Social: Group Run

Group Run – August 25

Come get the morning of the All Clinician's Celebration started right with a group run in Forest Park. Meet at Leif Erickson Trailhead. Exact pace and distance to be determined by group. Average runs are 5-6 miles@ 9:00-11:00 minute pace, nobody left behind

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