

# Northwest Permanente Wellness Passport Guidelines

April - June 2017

## **Social:** Participate in the AHA Heart & Stroke Walk

### Participate in the AHA Heart & Stroke

Join thousands of walkers from Oregon and SW Washington as they step out to have fun, get inspired, & support a meaningful cause!

Participate as a walker in the [2017 AHA Heart & Stroke Walk](#) and send a copy of your registration form or send a “Healthie Selfie” from your walk to [NWPWellness@kp.org](mailto:NWPWellness@kp.org) to receive credit for this category!

Please submit all documentation to NWP Health & Wellness, KP8 16  
or e-mail at: [nwpwellness@kp.org](mailto:nwpwellness@kp.org)