

Northwest Permanente Wellness Passport Guidelines

September - November 2016

Social: **Participate in Sunday Parkways**

Participate in Sunday Parkways:

Last year, 108,900 Portland area residents and visitors participated in Sunday Parkways, allowing them to get out and be active in communities across the city. This year, Sunday Parkways is happy to present five more fun community connecting events. Are you in?

Participate in one of the [Sunday Parkways](#) events and send us a note about what you enjoyed or a photo from the event to NWPWellness@kp.org to receive credit for this category!

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