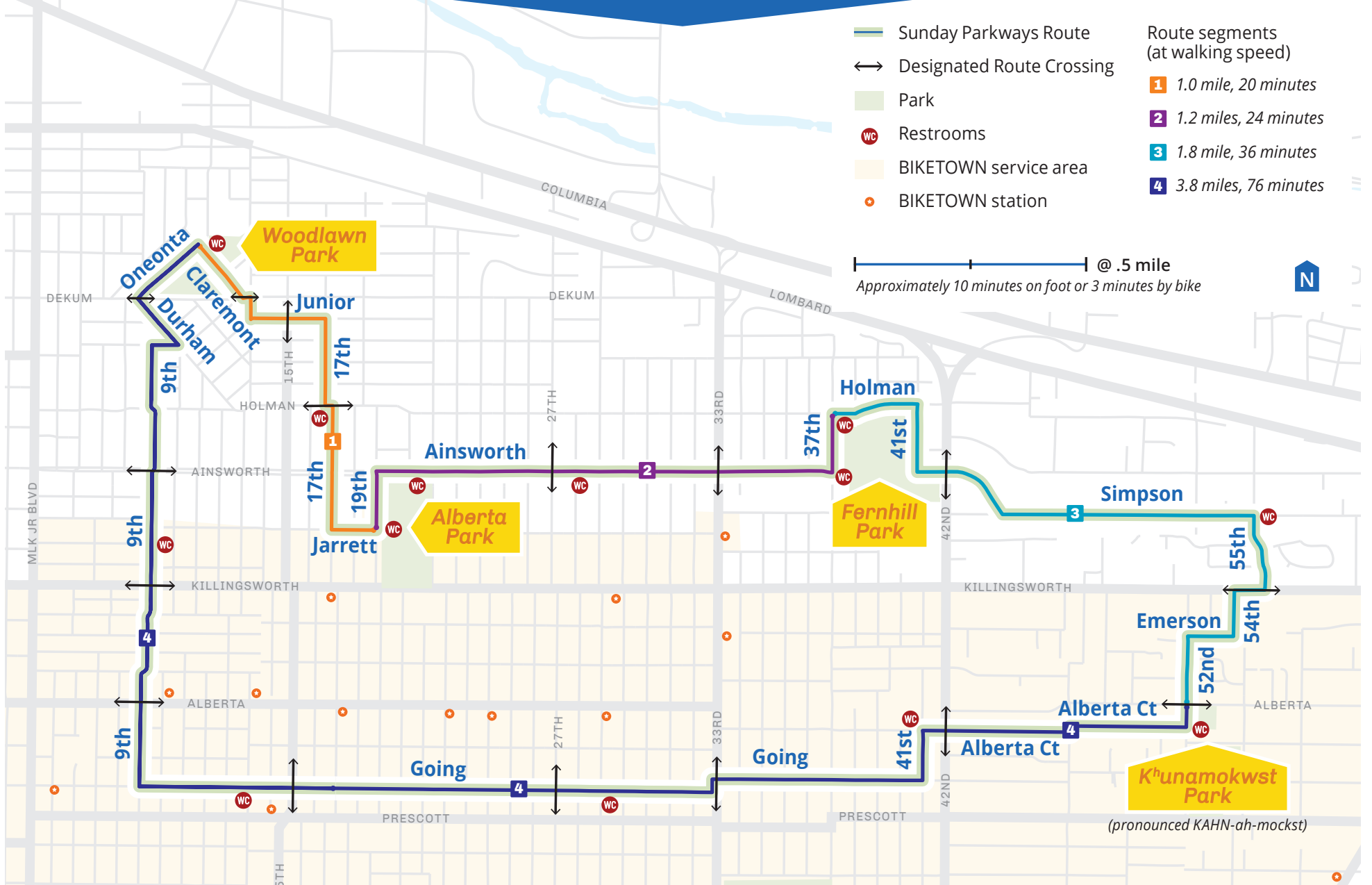


Northeast Sunday Parkways

Sunday, September 22, 2019
11 a.m. – 4 p.m.



Special thanks to route and event supporters **Maletis Beverage!**

Woodlawn Park

LIVE MUSIC STAGE

- 11:00 - 12:00 Carroll Raaum Orchestra
- 12:30 - 1:30 Under the Lake
- 2:00 - 2:30 DJ Prashant
- 3:00 - 4:00 Dear Drummer

Portland Emergency Management

Learn how to help your family, friends, and neighbors become disaster resilient

Portland Fire & Rescue

Fire & safety tips and CPR/AED demonstrations

Bureau of Environmental Services

Learn how you can help protect our rivers and streams for wildlife, fish, and people

AARP

Drop by our booth to connect with other walkers, play transportation trivia and get healthy snacks and giveaways

- Free basic bike repair
- Food, exhibitors and more

Alberta Park

- Circus Cascadia
- All Day Zumba classes from Portland Parks
- Disc Golf
- Slack lines
- iQ Credit Union** Stop by our plaid wagon for some signature red and black merch – you'll be plaid you did!

BIKETOWN

Portland's bike share system – Sign up and take your first ride today

Clif Bar

Swing by the CLIF Bar Snack Bar for a whole lotta snacks

- Free basic bike repair
- Food, exhibitors and more

Fernhill Park

- Bouncy inflatable castle
- NW Natural** Stop by and personalize your popcorn sample, enter to win a \$500 natural gas appliance gift card
- Eat Smart Waste Less** Get money- and food-saving tips

- Free basic bike repair
- Food, exhibitors and more

K'hunamokwst Park

- AAA of Oregon/Idaho** Stop by for a free bike seat cover and tire patch kit
- Travel Portland** Rediscover your City. Play Giant Connect Four
- Portland Opera** a la carte performances
- Bilingual information from our community partners NAYA Council and ABC
- Community bike safety fair
- Free basic bike repair
- Food, exhibitors and more

KAISER PERMANENTE

- Get your Sticker Hunt Map
- Collect your stickers
- Earn a prize and do good!

We're excited to roll out a new prescription to thrive this season! We are prescribing the city of Portland an active bike ride, walk or run, along with local produce, music, and fun.

Visitors who pick up stickers at all 4 Kaiser Permanente booths and the BIKETOWN booth will earn a special prize and have a donation to local mental health organizations made in their name. Collect different prizes at each Sunday Parkways event this summer!



Join the Next Level Health Walk (NLHW)! The NLHW focuses on African American and Black community health and wellness, community building and family friendly fun. The walk will start at noon at Alberta Park and the party continues at Fernhill Park from 2–4 pm, where there will be music, health resources, and food.