

JOIN US!



SW Walks for Health

Let's get together to walk to improve our health, get to know other people in the community and raise funds to support SW Community Health Center.

We invite you to join us for monthly one mile, three mile or five miles walk through Multnomah Village, Gabriel Park and the surrounding area. Over the next seven months (October through April) we will get together monthly for walks. The last walk, scheduled for April 19th, is a walkathon that will raise funds to support the day-to-day operations of SW Community Health Center.

THE FIRST WALK:

- Sunday, October 12, 2008
- Gather at 2 PM
- Meet outside of the Multnomah Arts Center
7688 SW Capitol Highway
(in Multnomah Village)
Portland, OR 97219

FOLLOWING SUNDAY MONTHLY WALKS:

- November 9, 2008
- December 14, 2008
- January 11, 2009
- February 8, 2009
- March 8, 2009
- April 19, 2009 - fundraising walkathon

Walkers may choose to participate in the fundraising walkathon on April 19, 2009. Walkathon donation and pledge sheets will be available for interested walkers.

PARTICIPATING ORGANIZATIONS:

- Bilal Mosque Association
- Kol Shalom
- Congregation Neveh Shalom
- The Islamic Society of Greater Portland
- P'Nai Or
- St. Andrew's Presbyterian Church
- St. Barnabas Episcopal Church
- St. Clare Catholic Community
- St. John Fisher Catholic Parish
- St. Luke Lutheran Church
- Vermont Hills United Methodist Church
- West Hills Universalist Fellowship



7688 SW Capitol Hwy, Room 37 | Portland, Oregon 97219 | 503-977-0733 | www.swchc-pdx.org

For more information, contact: Samira Godil, SWCHC Executive Director, sgodil@swchc-pdx.org; 503-977-0733.