



National Alliance on Mental Illness

NAMI | Multnomah

Weekly Walking Group

Join your NAMI friends for a leisurely stroll,
every Wednesday at 6:00 PM.

LOCATION SCHEDULE:

First Wednesday of each month: Overlook Park, meeting near the shelter by the playground.

Second Wednesday of each month: Fields Park, meeting on the corner of NW Overton and NW 11th near the Fields Park sign.

Third Wednesday of each month: Peninsula Park, meeting at N Albina Ave & N Rosa Parks Way at the red bench.

Fourth and Fifth Wednesday of each month: Laurelhurst Park, meeting in front of the community center building at 3756 SE Oak St.



PLEASE DIRECT ANY QUESTIONS TO INFO@NAMIMULTNOMAH.ORG, OR
CALL THE NAMI HELPLINE AT 503-228-5692.

