



GET MOVING WITH KAISER PERMANENTE

TAKE A WEEKLY WALK WITH A PHYSICIAN

Become a Walk to Thrive club member and join us each Thursday at the Capitol Mall Farmers Market for a physician-led, one-mile walk in downtown Sacramento.

Register at kpwalktothrive.org and see a weekly schedule of physicians and their specialties. Talk with the physician during and after the walk.

Capitol Mall Farmers Market
6th and Capitol
Thursdays, May 5 - September 29
Walks start at 11:45 a.m.

Receive a free gift at 5, 10, 15, and 20 walks!

Kick-off Party!
Thursday, May 5
10 a.m.–1 p.m.

Join today:

- Receive new member **T-shirt**
- Earn **great prizes**
- Enjoy **the camaraderie** of walking with your colleagues.
- Be well and **thrive!**

walk
TO
thrive
powered by **KAISER PERMANENTE**

The Walk to Thrive walking club is open to all members and nonmembers of Kaiser Permanente.