

**The Active People Healthy
Multnomah County Campaign
(#APHM)** is an effort to promote
increased movement among
Multnomah County residents.

Who: Multnomah County Residents

What: Engage 1hr of physical activity

When: May 2023 - January 2024



multco.us/reach

Join Us at the following events:

COMMUNITY BIKE RIDE

Sept. 9th • 12 - 2pm at Floyd Light Middle School



FAITH WALK

Oct. 31st • 5 - 6pm at Highland Christian Center

INDOOR WALK

Nov. 4th • 12 - 2pm at the Lloyd Center
(meet at the food court)



#MoveYourWay

LEARN MORE ABOUT **APHM**

