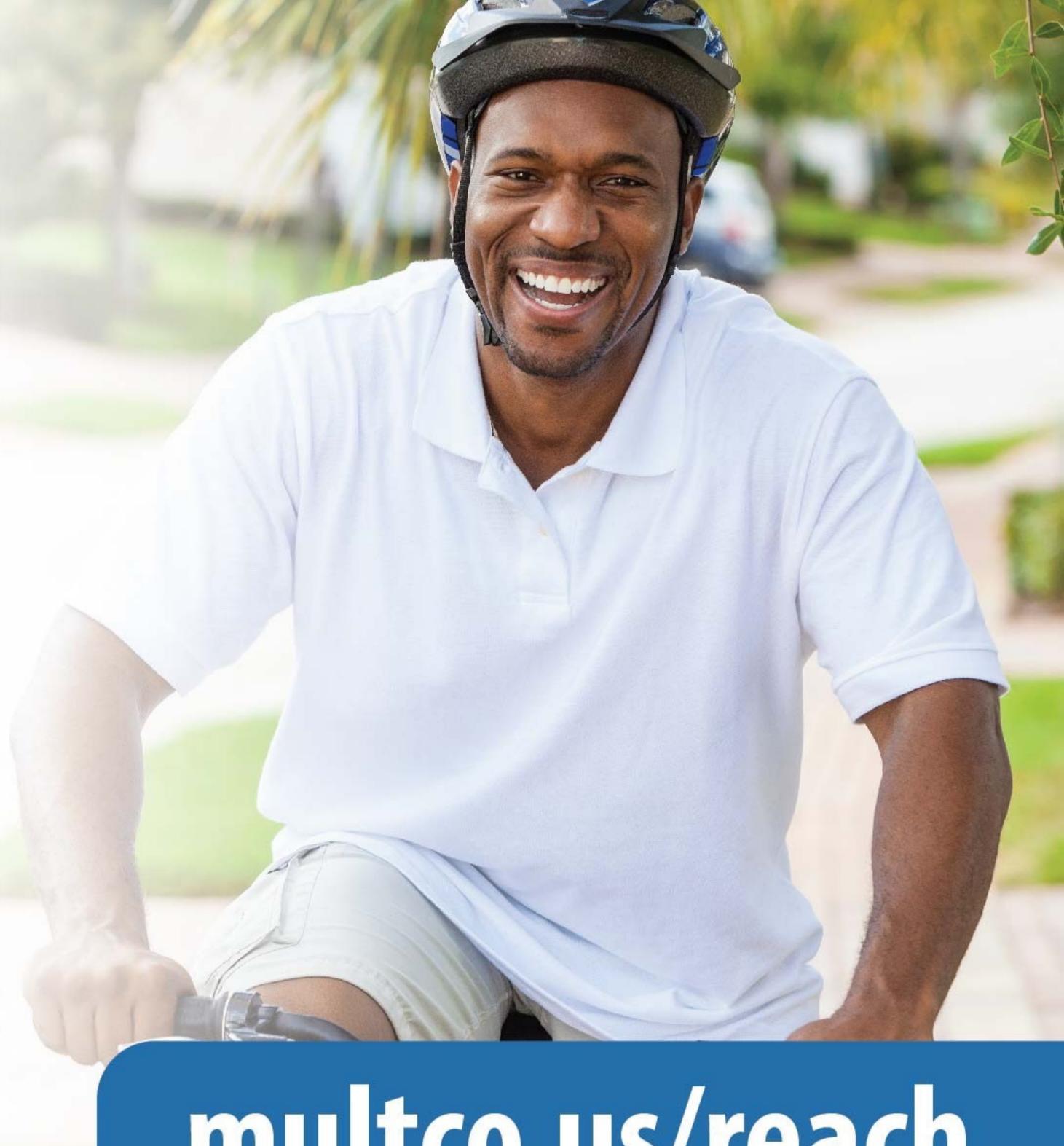
The Active People Healthy Multnomah County Campaign (#APHM) is an effort to promote increased movement among Multnomah County residents.

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)

















