

# Bothell ParkR<sup>x</sup> Day



Join Bothell's First  
**COMMUNITY  
HEALTH WALK!**

**FREE!**

## What's the Best Park Prescription for **YOU?**

- R<sup>x</sup>** Join a Guided Walk!
- R<sup>x</sup>** Meet our Health Providers!
- R<sup>x</sup>** Free Health Screenings!
- R<sup>x</sup>** Bike or Walk the North Creek Trail Loop!
- R<sup>x</sup>** Walk the Medical Center Loop!
- R<sup>x</sup>** Enjoy Healthy Drinks & Snacks!
- R<sup>x</sup>** Get into Nature!
- R<sup>x</sup>** Draw a Healthy Activity Picture!

When: **Sunday, April 24**

Time: **Walks from 2-4pm; Event ends at 5pm**

Where: **Bothell Operations Center, 21233 20th Ave SE**  
(behind Red Robin)



City of Bothell™



**FredMeyer.**  HealthPoint  GroupHealth.

**April 24 is National ParkR<sup>x</sup> Day! Find your path to better health!**