



Step It Up! Tillamook County

Starting April 2018



YOW partners are teaming up for a healthier, happier Tillamook County. Being active and having positive social support are keys to lifelong health. Joining a walking group is a great way to get healthy while having fun.

A special invitation to cancer survivors: you and your family and friends are a vital reason we received the funding to start these walking groups. We want to encourage and support your participation.

North Tillamook County Walking Group

Where: Neah-Kah-Nie High School Walking Track, 24705 N Highway 101, Rockaway Beach
When: Tuesdays 8:00 – 8:30 AM (Starts April 3)

Central Tillamook County Walking Groups

Where: Tillamook County/OSU Extension Office, 4506 Third Street, Tillamook
When: Mondays/Wednesdays 9:30 – 10:00 AM (Starts April 2)

Where: YMCA, 610 Stillwell Ave, Tillamook

When: Tuesdays/Thursdays 7:00 – 7:30 AM (Starts April 3) and T/TH 12:15 – 12:45 PM (Starts April 3)

Where: Bud's Fitness Trail, Tillamook Junior High School, 3906 Alder Lane, Tillamook

When: Saturdays 9:00 – 9:30 AM (Starts April 7)

South Tillamook County Walking Group

Where: Kiawanda Community Center, 34600 Cape Kiwanda Drive, Pacific City

When: Mondays 3:15 – 3:45 PM (Starts April 2)

When: Wednesdays 10:00 – 10:30 AM (Starts April 4)

The Step It Up! Kick Off begins the first week in April! Groups meet weekly with chances to win prizes for participation and recruitment.

Comfortable shoes, gloves and a rain jacket are recommended as most groups will walk outdoors, rain or shine. Groups with indoor walking options meet in Central County.

Like and Follow Tillamook County Year of Wellness on Facebook for updates.

For more information and to register, contact Kevin Clark
kclark@co.tillamook.or.us or call (503) 842-3900 ext. 4010

Thank you to OHSU Knight Cancer Institute Community Partnership Program, Tillamook Regional Medical Center, The Rinehart Clinic, North County Recreation District, Neah-Kah-Nie High School, Tillamook County Community Health Centers, OSU Extension, Tillamook County Family YMCA, and the Kiawanda Community Center for your support!



Step It Up! Survivors Tillamook

Join a statewide effort to reduce the incidence and burden of cancer in Oregon! Tillamook County YOW in partnership with OHSU's Oregon Community Cancer Research Collaborative and Knight Cancer Institute Community Partnership Program is offering FREE weekly walking groups!

Social support has been shown to help us make lasting increases in being physically active — cancer survivors and their friends and family members are invited to attend together!

Where:

When:

FOR MORE INFORMATION CONTACT: