

KaPeRs Workshop – WALKING

Let's enjoy our beautiful Pacific Northwest! Join us online for a workshop about

WALKING on Friday, August 27, 2021, from 11:00 am -12:00 pm.

Our speaker will be **Louise Dix**, President of the Oregon Trail State Volkssport Association. Louise will tell us about

1. The health benefits of walking
2. Volkswalking: What is it?
3. How to get involved in a local walking club
4. Contact information

To join us on Zoom, click the link below:

Topic: KaPeRs Walk Workshop

Time: Aug 27, 2021 10:45 AM Pacific Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/84950747659?pwd=eUFod1NZOEK5TVJJYUp6ZURVZmh2QT09>

Meeting ID: 849 5074 7659

Passcode: 041587

Sign-up is not required. If you plan to attend, please reply to this email so we can estimate the size of our audience.

Louise Dix is a recently retired educator/trainer for the Fair Housing Council of Oregon. She facilitated hundreds of fair housing trainings across Oregon and southwest Washington for realtors, landlords, housing advocates, affordable housing providers and citizens.

Louise is a proponent of walking for health and is currently the president of the Oregon Trail State Volkssport Association, a statewide association for volkswalking. She also is president of the East County Windwalkers, a volkswalking club in Gresham featuring walks throughout East County.