

HEALTH AND WELLNESS

It's going to be a busy week! But don't worry, we've got some self-care strategies to help you find fun ways to be active, be mindful and be healthy on your own or with colleagues at APHL 2025.

Sunrise Walk

Sunrise Walk: Join friends on **Wednesday, May 7, at 6:00 am** for an easy 2-mile walk round trip to the Tom McCall Waterfront Park. *Weather permitting.* Meet in the lobby of the **Hyatt Regency Portland**, 375 NE Holladay Street, Portland, OR.

APHL Sock Hop

Let's bust some moves together! Learn a new line dance step or two with guided instruction. Throw caution to the wind, kick off those shoes and get ready to get down! **Tuesday, May 6, at 1:00 pm** in the **Exhibit Hall, left rear**.

APHL Bark Park

Take a quick puppy break to enjoy a fun playful experience and recharge! Hang out with some furry friends from Portland Dachshund and Friends Rescue, Inc. and feel "pawsome" for the rest of the day! **During exhibit hall hours** in the **Exhibit Hall, right rear**.

Gratitude Wall

Take a moment to reflect on the good things and great people all around you. Write and share messages, stories and thank-you's, or recognize your peers and colleagues on the gratitude wall. Letters will also be available for you to personalize and give to others. The gratitude wall will be **near the registration desk** throughout the conference.

Games and Activities

Invite friends to unwind with putt putt golf and cornhole. Check out the APHL Member Services booth to check in on member benefits, APHL merchandise and more! Located next to the registration counters.

