



St. Paul Public Housing Agency

PHA News

Volume 21, October 11, 2016

Walk with a Doc—Family Fun Scavenger Hunt

St. Paul Public Housing Agency (PHA) and Allina Health United Hospital hosted “Walk with a Doc Family Fun Scavenger Hunt” at Mt. Airy Homes on Wednesday, September 21, 2016. Participants of all ages searched for 12 “golden shoes” hidden along the walking route. Each golden shoe contained instructions for an activity like “shape your body into a banana”, “walk like an elephant” and “show us your best dance move”. The group had a lot of fun on the walk. After the walk the group gathered in the Mt. Airy Community Center for snacks and a discussion about walking safety with Dr. Kara Lever, from United Family Medicine. Allina Health provided reflective snap bands for all participants.

“Walk with a Doc” is a partnership between PHA and Allina Health United Hospital designed to improve community health and social well-being by inviting residents to come together for monthly group walks. A guest healthcare provider joins each month to chat about a current health topic and walk with the group. These 30 minute walks are for all ages and all abilities. Participants walk and roll through the neighborhood—feet, strollers, canes, wheelchairs, and walker—all are welcome to join and move more! The walking event rotates to a different public housing site each month.



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