

Patient letter for NDs that practice in Montana, Idaho and Washington State

A Message to Our Patients: Walk USA for Health Equity

Dear Patients,

We'd like to share an initiative that reflects values we talk about often in our work together—prevention, whole-person care, compassion, and the belief that everyone deserves a fair and just opportunity to be healthy.

Walk USA for Health Equity is a five-year, cross-country public awareness effort (2022–2026) led by Dennis Godby, ND, MA, a California-licensed Naturopathic Doctor. Beginning in South Carolina in 2022, the walk has now reached its final leg and will conclude in Seattle this September after nearly 3,500 miles on foot.

At its heart, the message is simple:

Everyone deserves a fair and just opportunity to be healthy.

Why This Matters

As Naturopathic Doctors, we work every day to identify and address the root causes of illness. Many of those root causes extend beyond biology. Access to healthcare, nutrition, housing, education, stress, discrimination, environmental conditions, and where someone lives all influence health outcomes.

Walk USA for Health Equity is not a clinical program or a political campaign. It is a public awareness effort designed to encourage conversations about prevention, whole-person health, and health equity in communities across America.

The walk also helps introduce more people to naturopathic medicine. As awareness grows, more individuals and families may discover an approach to healthcare that emphasizes prevention, treating the root causes of illness, and supporting long-term wellness. Greater public awareness also helps policymakers better understand the valuable role Naturopathic Doctors can play in improving the health of our communities.

Final Leg: Bozeman to Seattle

August 24 – September 24, 2026

The final 760-mile journey follows the Google walking route through:

Bozeman → Helena → Missoula → Coeur d'Alene → Spokane → Moses Lake → Ellensburg → Seattle

(The route from Coeur d'Alene to Spokane follows the beautiful Centennial Trail.)

People are welcome to join for any portion of the journey—whether it's a few blocks, a few miles, a day, or several days.

Seattle Finale

Thursday, September 24, 2026

Everyone is invited to participate in the final day of the walk.

1:30 PM — Jimi Hendrix Park / Northwest African American Museum

2:30 PM — City Hall Park

3:00 PM — Waterfront Park

3:30 PM — Pike Place Market

4:00 PM — Pier 62 Seattle Waterfront Finale

Join anywhere along the route or simply attend the celebration at Pier 62.

How You Can Be Part of This

Because you live in Montana, Idaho, or Washington, you have a unique opportunity to help make this movement visible in your own community.

History is rarely made by one person. It is made when thousands of ordinary people each decide to do one small thing. We hope you'll be one of them.

There are many ways you can participate:

- Walk with us for a few blocks, a few miles, a day, or even multiple days.
- Attend one of the community events as the walk travels through your area.
- Join the Seattle Finale on September 24 and invite your family and friends to walk with you.
- Tell your walking clubs, running clubs, hiking groups, bicycle organizations, gyms, and outdoor groups about the walk.
- Invite your church, synagogue, mosque, civic organization, service club, school, workplace, or neighborhood association to participate.
- **Contact your local newspaper, television station, radio station, podcast, or community newsletter** and encourage them to cover the walk as it comes through your city. Local media attention helps bring greater awareness to both health equity and naturopathic medicine.
- **Contact your mayor, city council, county commissioners, governor, or state legislators** and encourage them to issue a proclamation recognizing Walk USA for Health Equity or Health Equity Awareness Month. Community recognition helps spread this important message.
- Invite local elected officials and community leaders to welcome the walkers when they arrive in your community.
- Encourage your healthcare providers—including physicians, nurses, dentists, physical therapists, counselors, pharmacists, and other healthcare professionals—to walk with us.
- Share information about the walk on social media before it reaches your community.
- Volunteer to help greet walkers, assist with local events, distribute information, or help with community outreach.
- Make a financial contribution to help cover lodging, food, transportation, safety, permits, and educational outreach during the final 760-mile journey.
- Subscribe to receive updates and follow the walk across Montana, Idaho, and Washington.

Whether you walk one mile, bring one friend, contact one reporter, encourage one elected official, make one donation, or simply share this message, you become part of a movement working toward a future where everyone has a fair and just opportunity to be healthy.

Learn More

Website

www.WalkUSAforHealthEquity.org

Donate

www.WalkUSAforHealthEquity.org/donate

Media Coverage

www.WalkUSAforHealthEquity.org/media

Closing

Meaningful change begins with awareness—but awareness grows only when people are willing to act.

This September, people from across Montana, Idaho, Washington, and around the country will come together to help make health equity more visible. We hope you'll be one of them.

Whether you walk, attend an event, contact your local media, encourage your elected officials, volunteer, make a donation, or simply tell someone else about the walk, **you can help create a healthier and more equitable future.**

Thank you for being part of a community that values prevention, compassion, and whole-person health. We hope to see you somewhere along the journey.

Warmly,

[Clinic Name]

[Doctor Name(s)]

[Contact Information]