

One of the greatest challenges facing naturopathic medicine is visibility. The majority of Americans still don't know what Naturopathic Doctors do or how we can improve their health. Greater public awareness leads to greater understanding, stronger patient support, and ultimately a stronger profession.

When the public knows us, policymakers are more likely to know us as well. While no single effort can determine the outcome of legislation, greater visibility can help create an environment in which naturopathic medicine is better understood and more broadly supported.

Below is a message that Naturopathic Doctors can copy, paste, and personalize for their own clinics to share with patients about **Walk USA for Health Equity**. This version is designed for NDs practicing outside the walk route—in the 47 states other than Montana, Idaho, and Washington. A separate version for NDs located along the route will be available soon on this FB group and available at www.WalkUSAforHealthEquity.org.

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, and the belief that everyone deserves the 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. The walk began in South Carolina and is now making its way to Washington State, where it will conclude in Seattle this September.

At its core, the message is simple:

Everyone deserves a fair and just opportunity to be healthy.

Why This Matters

As Naturopathic Doctors, we focus on identifying and addressing the root causes of illness. Many of those root causes—access to healthcare, education, housing, nutrition, environment, stress, income, and other social determinants of health—are connected to broader issues of health equity.

Walk USA for Health Equity is not a clinical program. It is a nationwide public awareness effort designed to inspire conversation and bring greater attention to the factors that influence health long before someone enters a doctor's office.

The walk also provides an opportunity for more people to learn about naturopathic medicine and the important role it can play in preventing disease, addressing root causes, and helping people achieve lifelong wellness.

Final Leg: Bozeman to Seattle (August 24 – September 24, 2026)

The final leg of the walk travels through:

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

People are welcome to join for any portion of the route.

Seattle Finale — September 24, 2026

Everyone is warmly invited to attend the final walk and celebration in Seattle.

- **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 for any part of the walk or simply attend the celebration at Pier 62.

How You Can Be Part of This

Whether you live in Washington or across the country, you can help make a difference.

You can:

- Attend the Seattle finale if you are able.
- Walk a few miles with the group if you live along the route.
- Make a donation to help support the final leg of Walk USA for Health Equity.
- Share the mission with friends, family, and colleagues who care about creating a healthier and more equitable nation.

- Contact your local newspaper, television station, radio station, podcast, or community newsletter and encourage them to cover the walk and its message.
- If you know people who live in Washington State, invite them to attend the September 24 finale or encourage them to walk part of the route.
- Share information about the walk on your social media accounts.
- Tell local walking clubs, running clubs, community organizations, faith communities, healthcare organizations, and service clubs about the movement.
- Introduce the organizers to businesses or organizations that may be interested in sponsoring the walk.
- Follow the walk online and subscribe to receive updates.

Whether you walk, donate, share the story, encourage others to attend, or simply help spread awareness, you become part of a growing movement working toward a future where every person has a fair and just opportunity to be healthy.

Make a Donation

<https://walkusaforhealthequity.org/donate/>

Learn More

Website:

<https://walkusaforhealthequity.org/>

Media Coverage:

<https://walkusaforhealthequity.org/media/>

Closing

Meaningful change begins when ordinary people decide to become part of something bigger than themselves.

Together, we can help create a future where health is determined less by race, income, or ZIP code—and more by opportunity, prevention, compassion, and quality healthcare for everyone.

Thank you for being part of a community that values whole-person health, prevention, and caring for others.

Warmly,

Your Naturopathic Doctors

Optional Clinic Signature

[Clinic Name]

[Doctor Name(s)]

[Contact Information]