



Walking Path



WALKING PATH
0.22 MILES

- Tips for Safety:**
- Stay on Path
 - Wear Sneakers or Boots
 - Wear Reflective Clothing after Sunset
 - Carry a Flashlight
 - Stay Hydrated

For more information about AHA Walking Paths, visit www.StartWalkingNow.org or contact your local AHA office.

Proud Local Supporter of the
American Heart Association's Walking Paths



The Monroe Plan