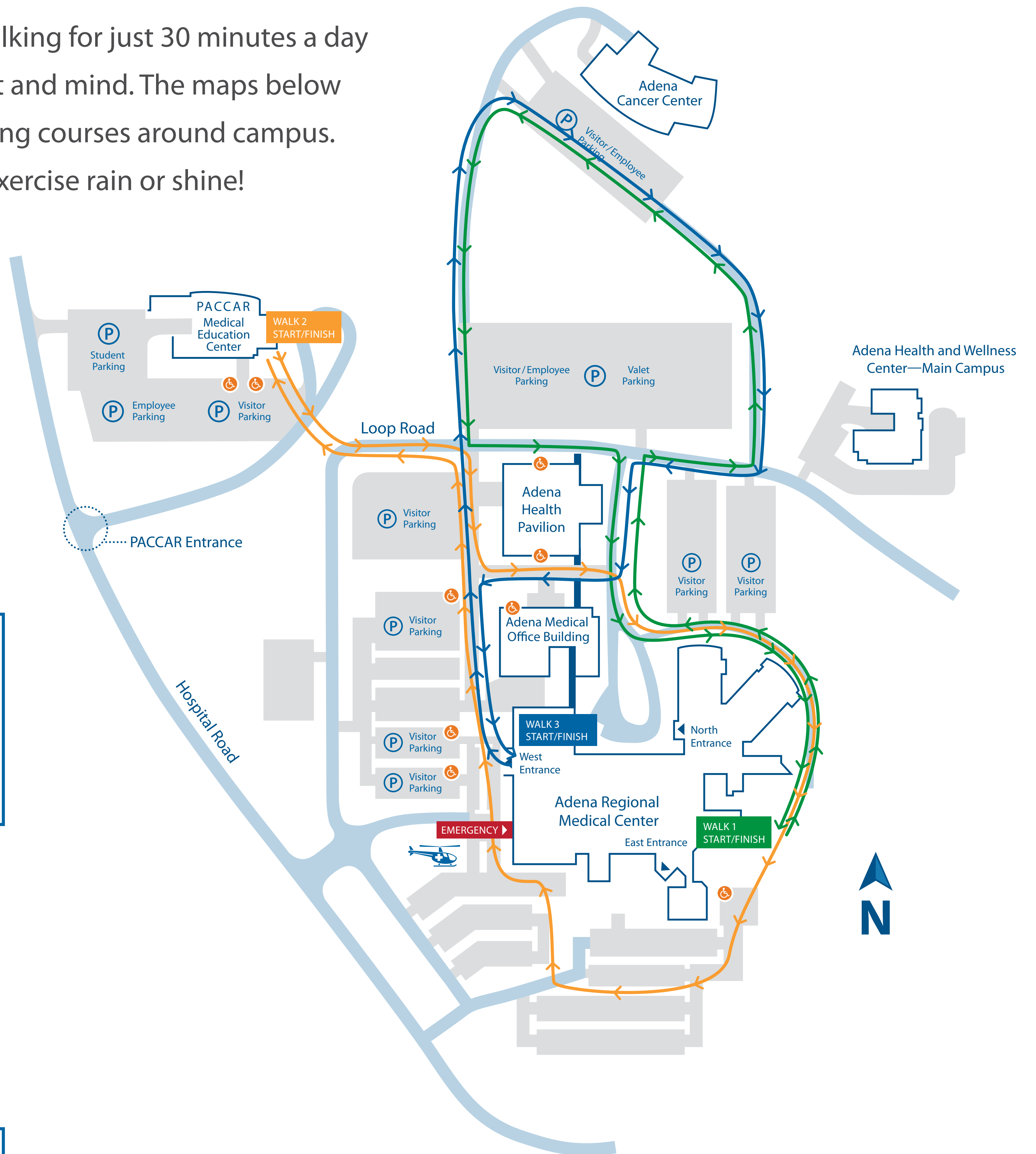


ADENA WALKING PROGRAM

Let's walk the talk, Adena! Walking for just 30 minutes a day is great for your heart, weight and mind. The maps below show indoor & outdoor walking courses around campus. Pick a course and get some exercise rain or shine!



OUTDOOR:
Course 1: 1.17 Miles
Course 2: 1.14 Miles
Course 3: 0.90 Miles

INDOOR:
Course 4: 0.47 Miles

ADENA REGIONAL MEDICAL CENTER Second Floor Interior

