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Trip Tick - Course 1 4 Laps = 1 Mile

	The Wellness Bulletin Board near the cafeteria
	Walk straight past the kitchen until you reach the stairwell
	Go up the stairs to the 1 st floor
	Turn Right and then an immediate Right
	Walk down hallway past CCU
	Turn Left Toward the Medical Office Building (MOB)
	Turn Right to stair well
	Go up the stairs to the 2 nd floor of MOB
	Turn Right and walk the entire distance of the building until you reach the stairs at the end of the building
	Go down the stairs to the first floor of MOB
	Turn Right through door
	Walk entire length of the first floor of MOB, passing Orthopedic Services
	Walk up the stairs and go back in the hospital to the main level
	Walk past CCU
	Turn Right down the Longevity Hallway
	Turn Left at Radiology, walk past service elevators
	Turn Right and walk down stairs to the ground level
	Walk back until you reach the Wellness Bulletin Board

Euclid Hospital's Wellness Committee Walk To Wellness

Trip Tick - Course 2 4 Laps = 1 Mile



















	The Wellness Bulletin Board near the cafeteria
	Take the stairs around the corner to the main entrance of the hospital
	Walk through sliding doors to main lobby
	Immediately turn Left
	Then Right down and walk down the Longevity Hallway
	Turn left, walk down to the end of hallway, passing CCU
	Turn Left towards Medical Office Building, look for stairwell on Right
	Go up the stairs to the 2 nd floor of Medical Office Building
	Turn Right and Walk entire distance of building until you reach the stairs at the end of the building
	Go down the stairs to the first floor
	Walk entire length of the first floor
	Walk up the stairs and go back in the hospital to the main level
	Walk past CCU
	Turn Right down the Longevity Hallway
	Turn Left at Radiology, walk past service elevators
	Turn Right and walk down stairs to the ground level
	Walk back until you reach the Wellness Bulletin Board

Euclid Hospital's Wellness Committee

Walk To Wellness











Trip Tick - Course 3

4 Laps = 1 Mile

	The Wellness Bulletin Board near the cafeteria
	Walk straight past the kitchen until you reach the stairwell
	Turn Left to the Dock
	Walk to the end of the hall
	Make a legal U-Turn and walk from Dock to Support Services
	Turn Left To Support Services
	Make a legal U-Turn
	Turn Right at end of hallway
	Take immediate Left towards the kitchen
	Turn Left down hallway to Storeroom
	Make a legal U-Turn and go back to the Kitchen entrance
	Make a legal U-Turn and go back (halfway) towards the Storeroom
	Turn Right towards Quality Management
	Make a legal U-Turn and go back toward the Store Room Hallway
	Turn Left towards the Kitchen
	Turn Left and go past the Cafeteria, passing Environmental Service Office & Psychologist Office to Rehab Elevator
	Make a legal U-Turn at the Rehab Elevator
	Walk back until you reach the Wellness Bulletin Board

Euclid Hospital's Wellness Committee Walk To Wellness

**Trip Tick – Health Care Center
9 Laps = 1 Mile**

	Start at main lobby of the Health Care Center
	Turn Left up the stairs toward the offices
	Turn Right
	Then a Left and walk up ramp, passing PT/OT
	Stay to the right and walk past offices
	Turn left at Speech Therapy office and go past kitchen
	Go out the door and walk down 2 flights of stairs to the ground level, walk through doors
	Turn Right and walk past Cardiac Rehab, continue down steps & through 2 nd set of doors, walk down remainder of corridor passing Diabetes Education Classroom
	Go up the steps on the Right and back to the main lobby
	At the main lobby