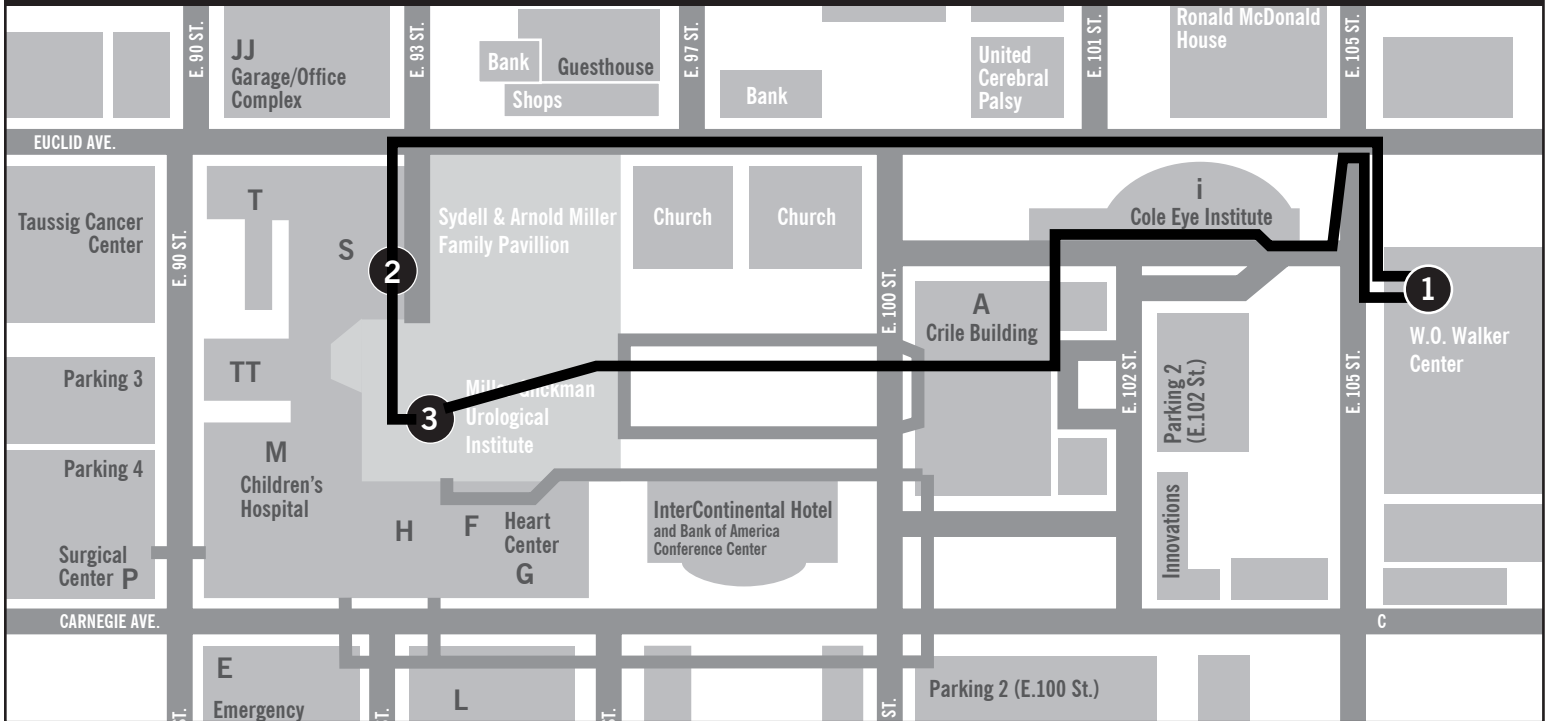


Employee Wellness Walk – 1 Mile



You can jump in at any point on the route:

- From the Miller Pavilion hallway (**rest stop #2**) walk into the Glickman lobby and underneath the hanging “Blue Berg” sculpture. (**rest stop #3**)
- Walk out the doors to the Crile Mall to enter the Crile building. (Alternate bad weather route: turn right from Glickman lobby and take the Q1 stairs or elevators up to the main skyway to walk to the Crile building)
- From Crile skyway into Cole Eye Institute
- Downstairs to Cole Eye lobby. Go out doors and turn left toward E105th Street.
- Cross E105th Street at the crosswalk at Euclid and enter the W.O. Walker building pedestrian entrance.
- Turn right after entering the Walker building and pass the elevators to the Fitness Center. (**rest stop #1**)
- You can go back the same way or along Euclid Avenue to complete a 1 mile course.

Employee Wellness Walk Rest Stops:

Pick up the Employee Wellness Walk map at any of these rest stops and get your map signed at each stop, and you'll get 40 Wellness Reward points!

1	W.O. Walker Fitness Center
2	360-5.com Wellness Store in Miller hallway
3	Patient Education library in Glickman lobby