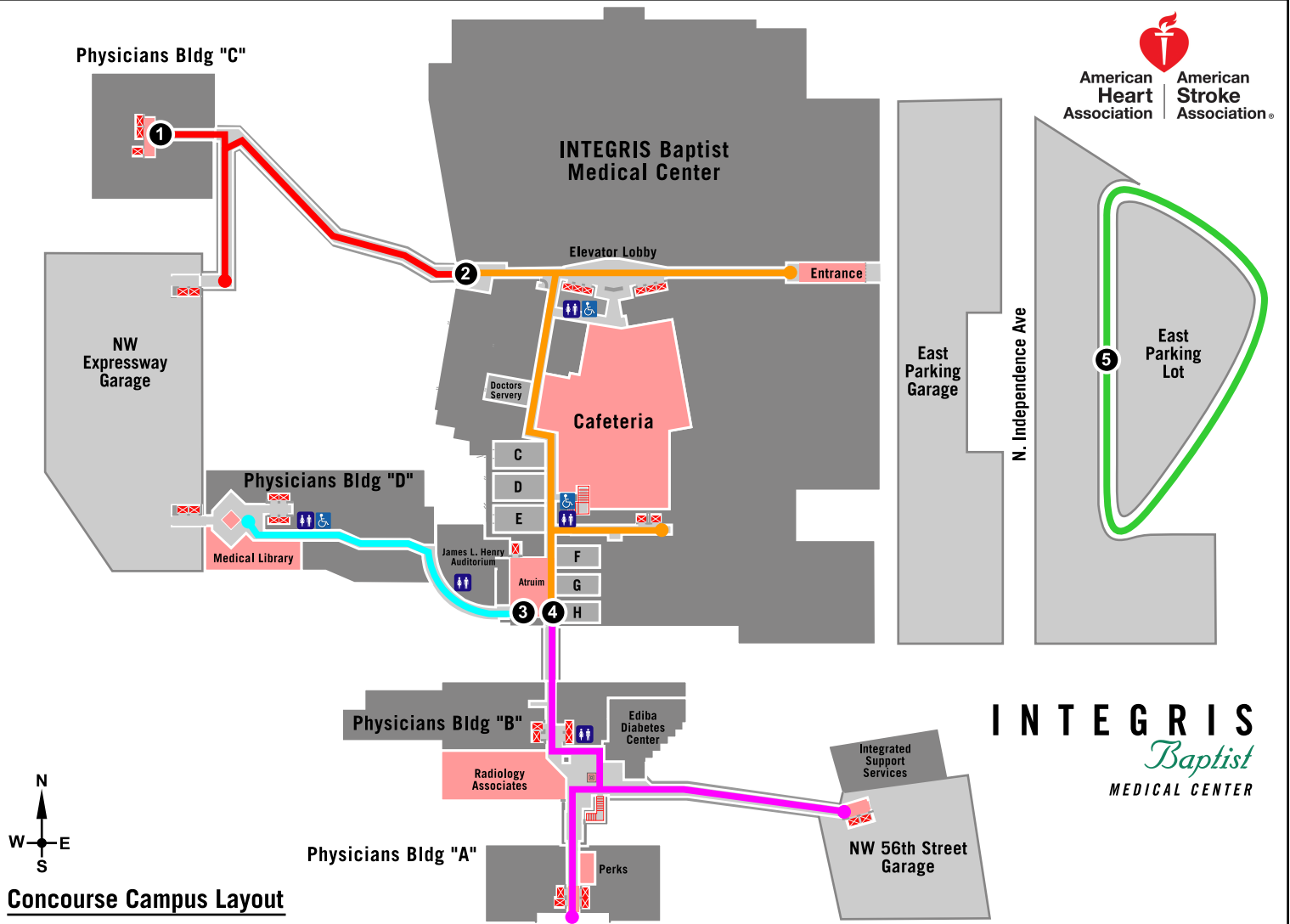




# Walk Well



American Heart Association | American Stroke Association



**Concourse Campus Layout**

You can start on any part of these routes. Your starting point is also your finishing point. Always keep to the right. Use the points as a marker to record your distance.

- ➊ Physicians Bldg "C"
- ➋ Main Hospital (IBMC)
- ➌ James L. Henry Atrium Area
- ➍ Hallway to Physicians Bldg "B"
- ➎ Outside East Parking Lot Track

Distance information: 5,280 FT = 1 Mile

- ➊ 898 Ft = 0.17 Miles .... 6.5 times = 1 Mile
- ➋ 1,375 Ft = 0.26 Miles .... 4.0 times = 1 Mile
- ➌ 614 Ft = 0.12 Miles .... 9.0 times = 1 Mile
- ➍ 1,015 Ft = 0.19 Miles .... 6.0 times = 1 Mile
- ➎ 1,320 Ft = 0.25 Miles .... 4.0 times = 1 Mile

Starting from Route #1 and following the path to end of Route #4 and then back to Route #1, you will have walked 3902 Ft = 0.74 Miles .... 1.5 times = 1 Mile.

- Starting from Route #1, turn right and head for NW Expressway Garage.
- From NW Expressway Garage turn around heading back and make a right turn.
- Follow hallway to Route #2/Main Hospital and turn right just before Main Elevator Lobby .
- Continue past the Cafeteria until you reach the James L. Henry Atrium Area/ Route #3 and turn right heading towards Physicians Bldg "D".
- When you reach the Atrium/Medical Library, head back to James L. Henry Atrium Area/Route #3 where Route #4 starts.
- At Route #4 turn right and walk down the long hallway past Physicains Bldg "B"/ sculpture to Physicians Bldg "A" Elevator Lobby .
- Head back to the sculpture and turn right. Follow the hallway to another set of elevators and turn around heading past the sculpture back to Route #4.
- From Route #4 turn right at the first hallway walking to the Gold Elevators and then turn back making another right turn.
- Walking past the Cafeteria turn right at the Main Elevator Lobby until you reach the sliding entrance doors.
- Turn around and continue past the Main Elevator Lobby back to Route #1/ Physicians Bldg "C".

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