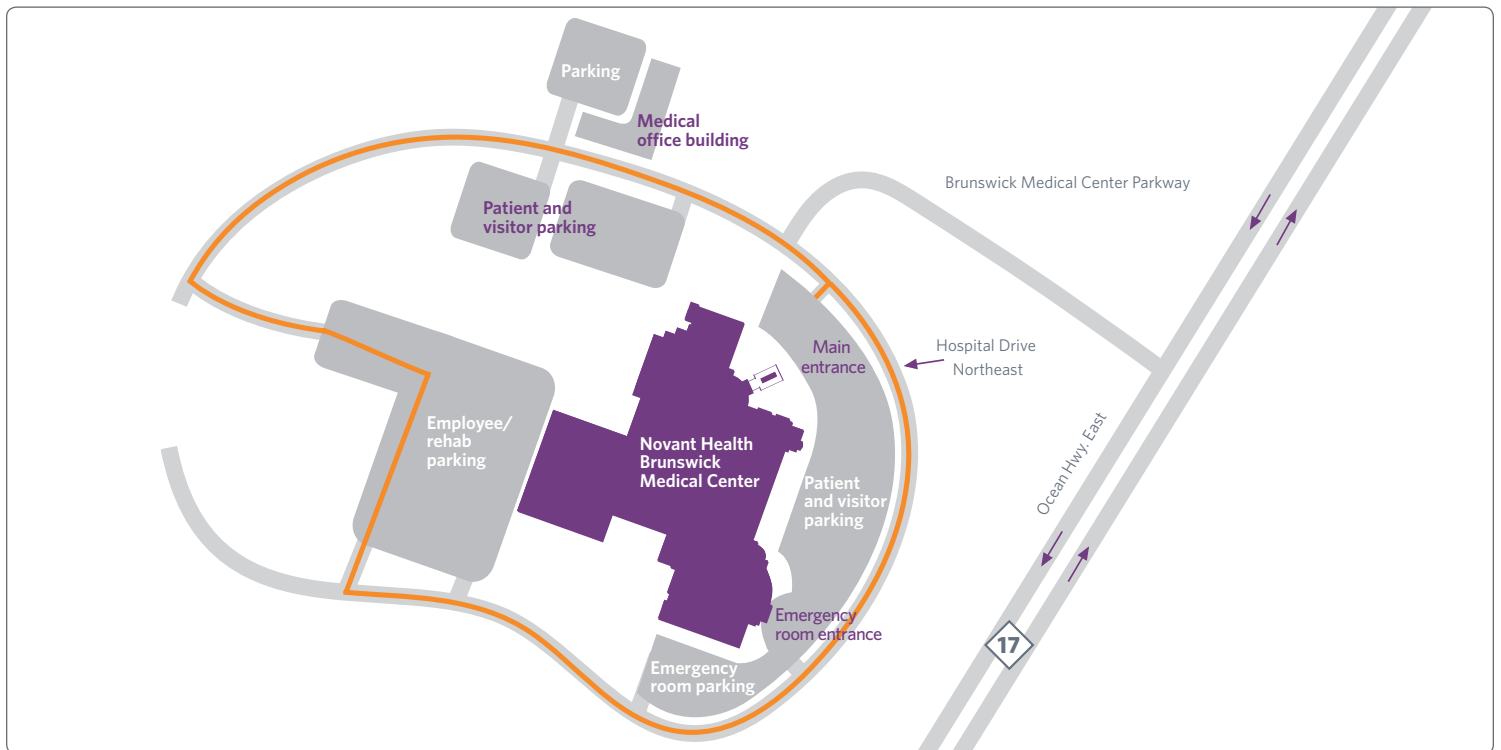




# Walking trails

Create a Remarkable You by taking a walk at  
Novant Health Brunswick Medical Center



## **Brunswick Medical Center walking trail:**

About 1 mile. Start at the hospital main entrance and follow the sidewalk toward the road that circles the property. Turn left. Follow that road past the physician parking lot around to the employee parking lot. Walk through the employee parking lot and exit back onto the road. Turn left. Continue following the road past the emergency room entrance and back to the main entrance.

## **Remember to use safety precautions while walking**

- Avoid walking alone, especially at night.
- Stay alert of your surroundings at all times and don't carry valuables.
- Carry your cell phone so you can call for help in case of an emergency.
- Stay on sidewalks where available. If no sidewalks are available, always walk on the side of the road facing oncoming traffic.

