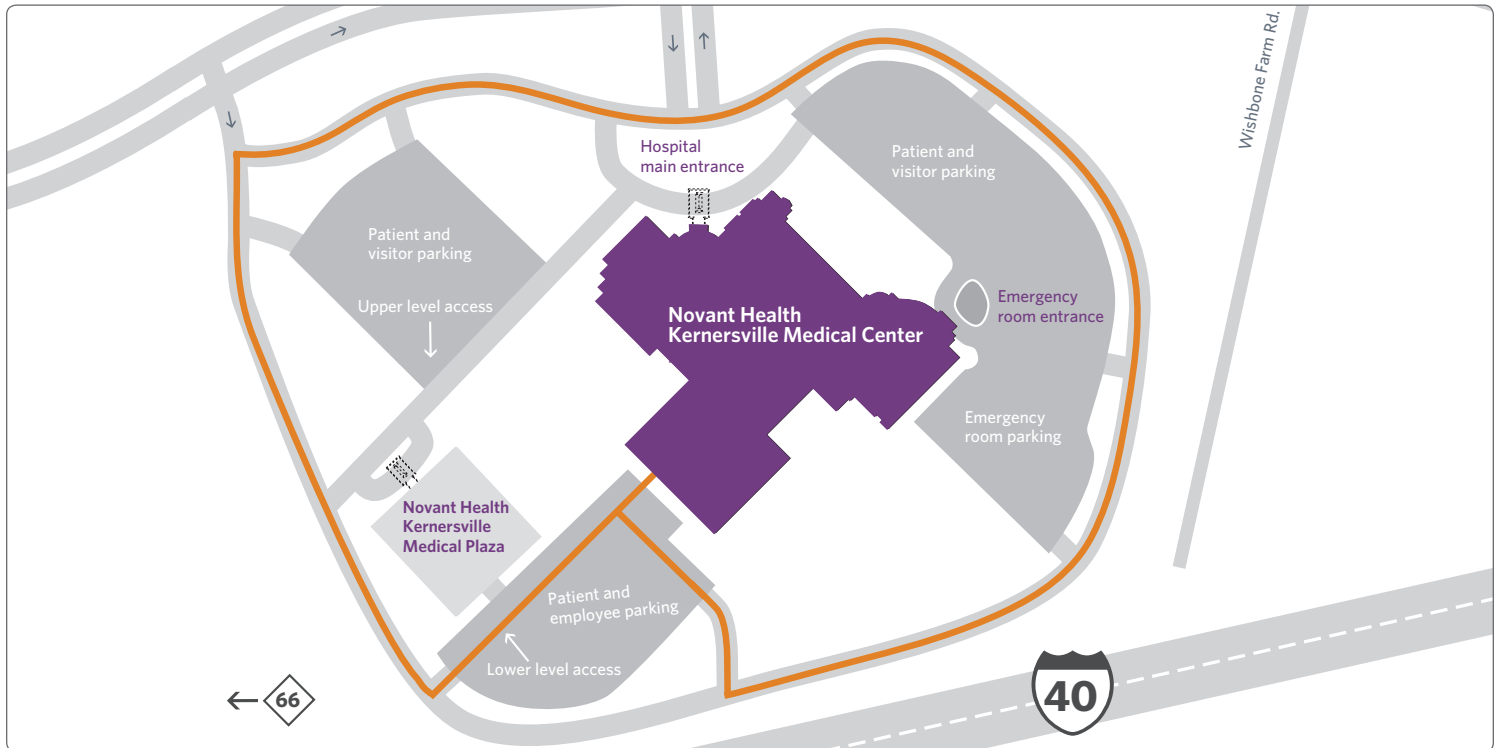




Walking trails

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



Kernersville Medical Center walking trail:

About 1 mile. Exit Kernersville Medical Center from the employee entrance. Walk out of the employee parking lot and turn right. Follow the road around the perimeter of the building, using sidewalks where available, until you make a loop around the building. Return to the employee 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.

