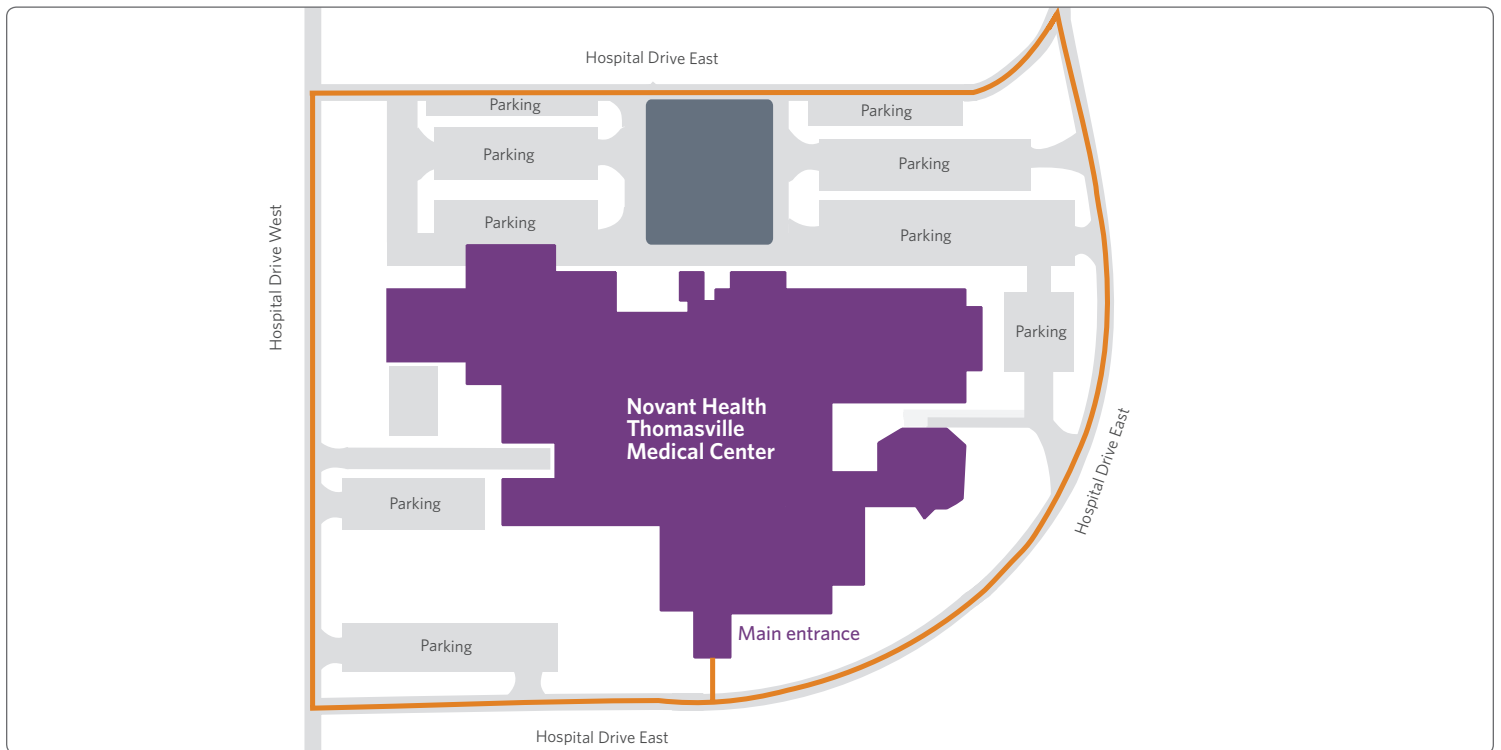




Walking trails

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



Thomasville Medical Center walking trail:

About 0.50 mile. Exit the facility and walk towards either Hospital Drive East or West and follow the road around the perimeter of the facility until you get back to your starting point.

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.

