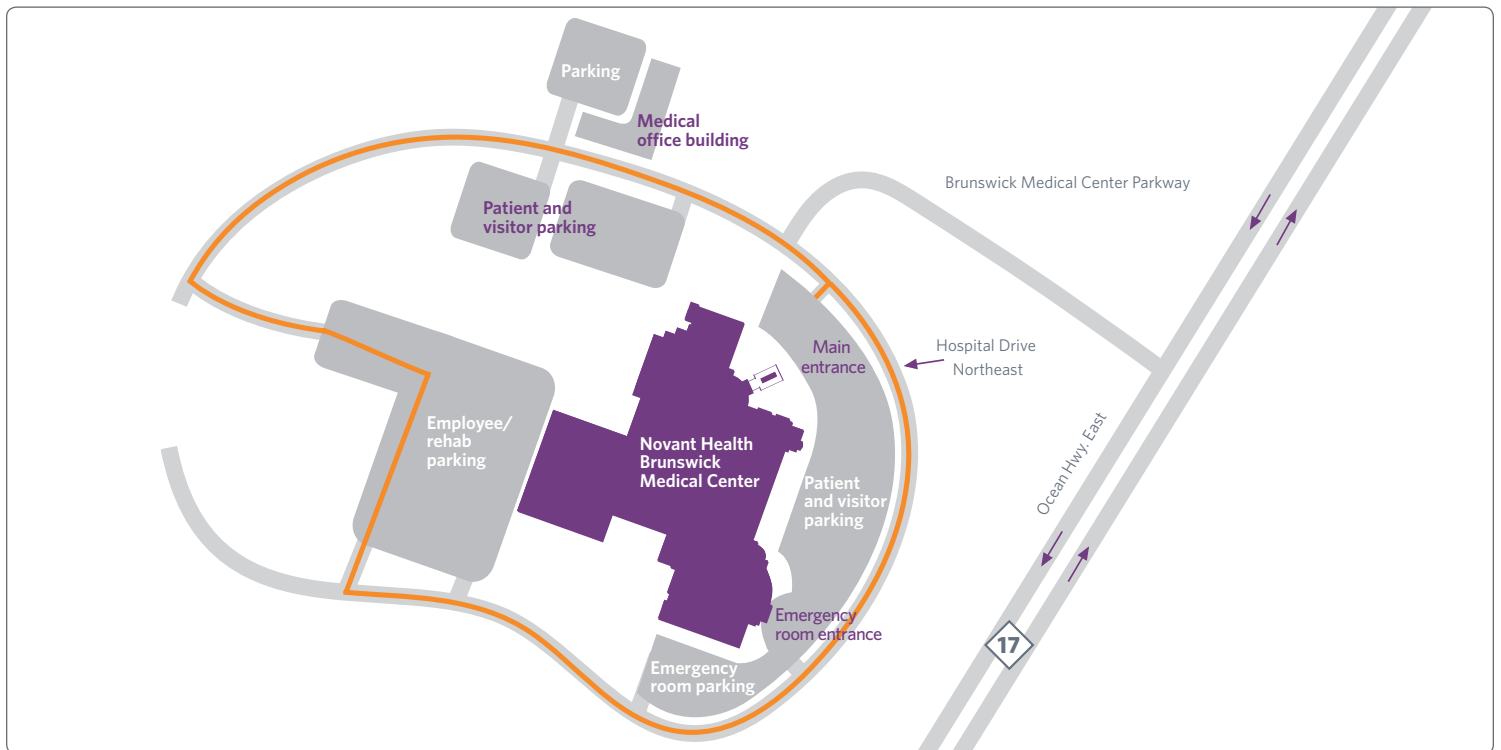




Walking trails

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

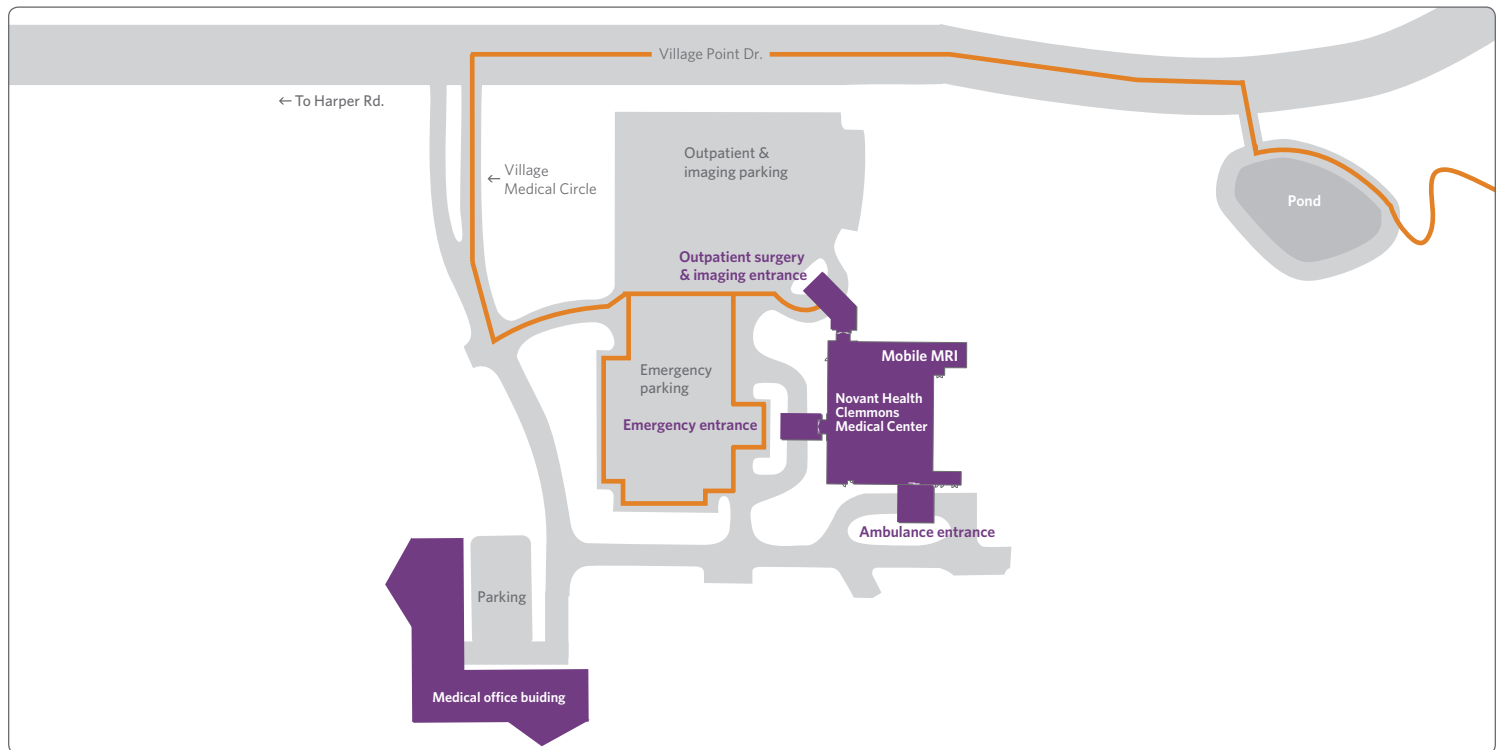
- Avoid walking alone, especially at night.
- Stay alert of your surroundings at all times and don't carry valuables.
- Carry your cell phone so you can call for help in case of an emergency.
- Stay on sidewalks where available. If no sidewalks are available, always walk on the side of the road facing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





Walking trails

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



Clemmons Medical Center walking trail:

About 1 mile. Exit the main entrance of the building and walk to the left toward the sidewalk. Follow the sidewalk and turn right onto Village Medical Circle. Continue walking and turn right onto Village Point Dr. Follow the sidewalk to the pond on the right. Walk the path around the pond to the dead end. Return following the same route. Once you are back in the parking lot, make one loop through the lot and return to the main entrance.

Remember to use safety precautions while walking

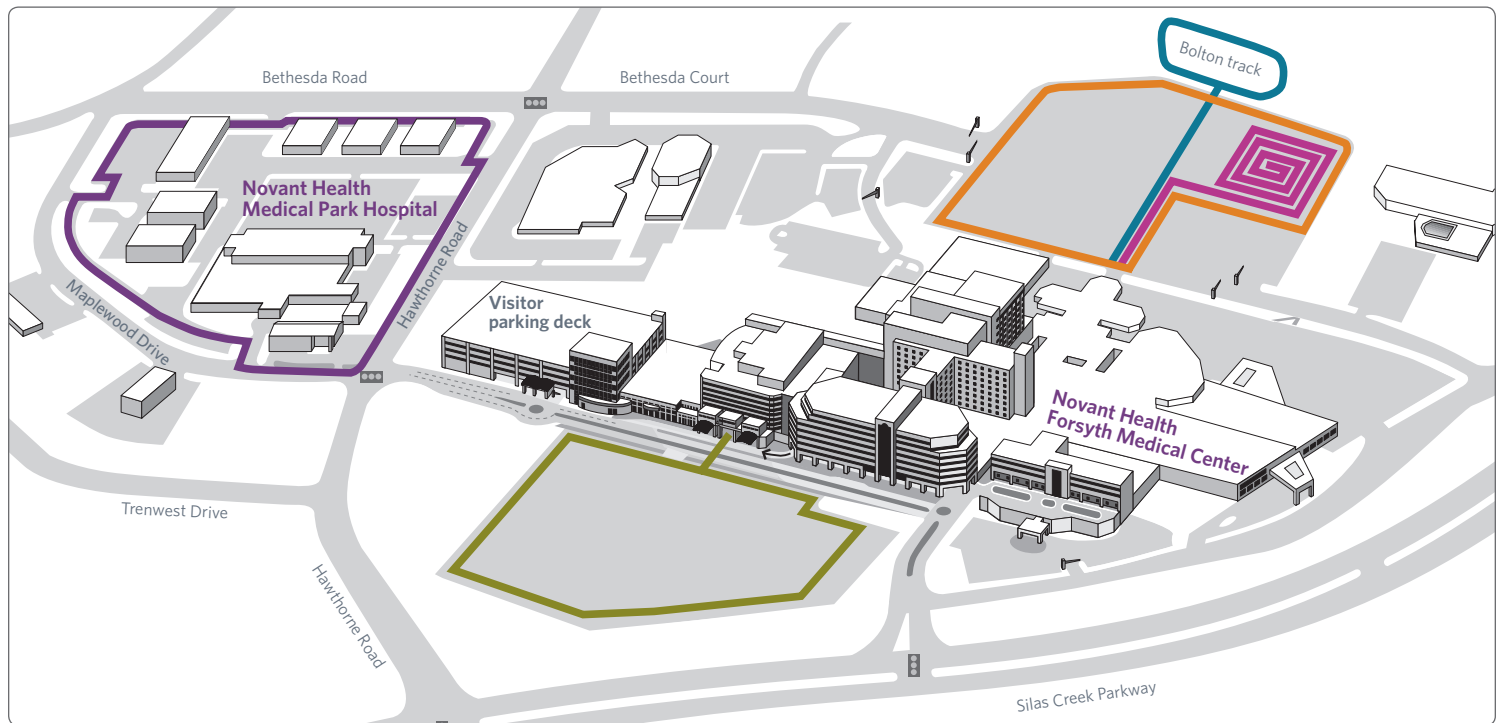
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Walking trails

Create a Remarkable You by taking a walk at Novant Health Forsyth Medical Center and Medical Park Hospital



Forsyth Medical Center back parking lot trail:

About 0.50 mile one time around. Start at the ICU employee entrance and walk around the perimeter of the parking deck and parking lot.

Bolton track trail:

About 1 mile. Start at the ICU employee entrance and walk straight out to the Bolton track. Walk around the track four times and return.

Forsyth Medical Center back parking deck trail:

About 1 mile. Start at the ICU employee entrance and walk to the parking deck. Walk up to the top after making a full lap around the top level. Walk a full lap around the top level and return to the employee entrance.

Forsyth Medical Center front parking lot trail:

About 0.50 mile one time around.

Medical Park Hospital outer loop trail:

0.64 mile. Walk around the outer loop of the parking lot, down the sidewalk on Hawthorne Road, turn right at the Maplewood Avenue traffic light and re-enter the parking lot back to your starting point.

Remember to use safety precautions while walking

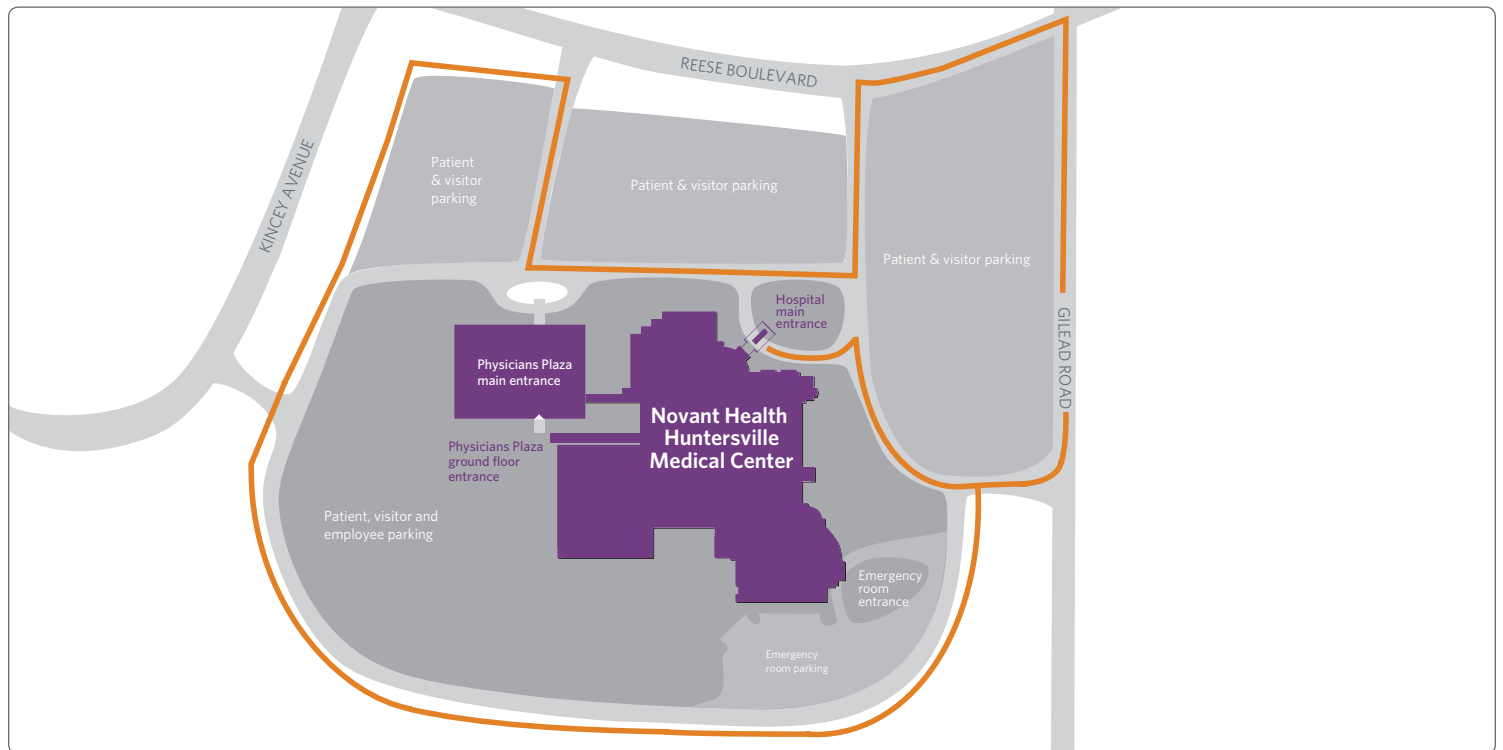
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Walking trails

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



Huntersville Medical Center walking trail:

About 1.5 miles. Exit the building at the main entrance. Walk right (toward Gilead Road) around the perimeter of the facility, winding through all of the parking lot aisles. Continue walking in a circle, winding through the parking lots, until you are back at the main entrance.

Remember to use safety precautions while walking

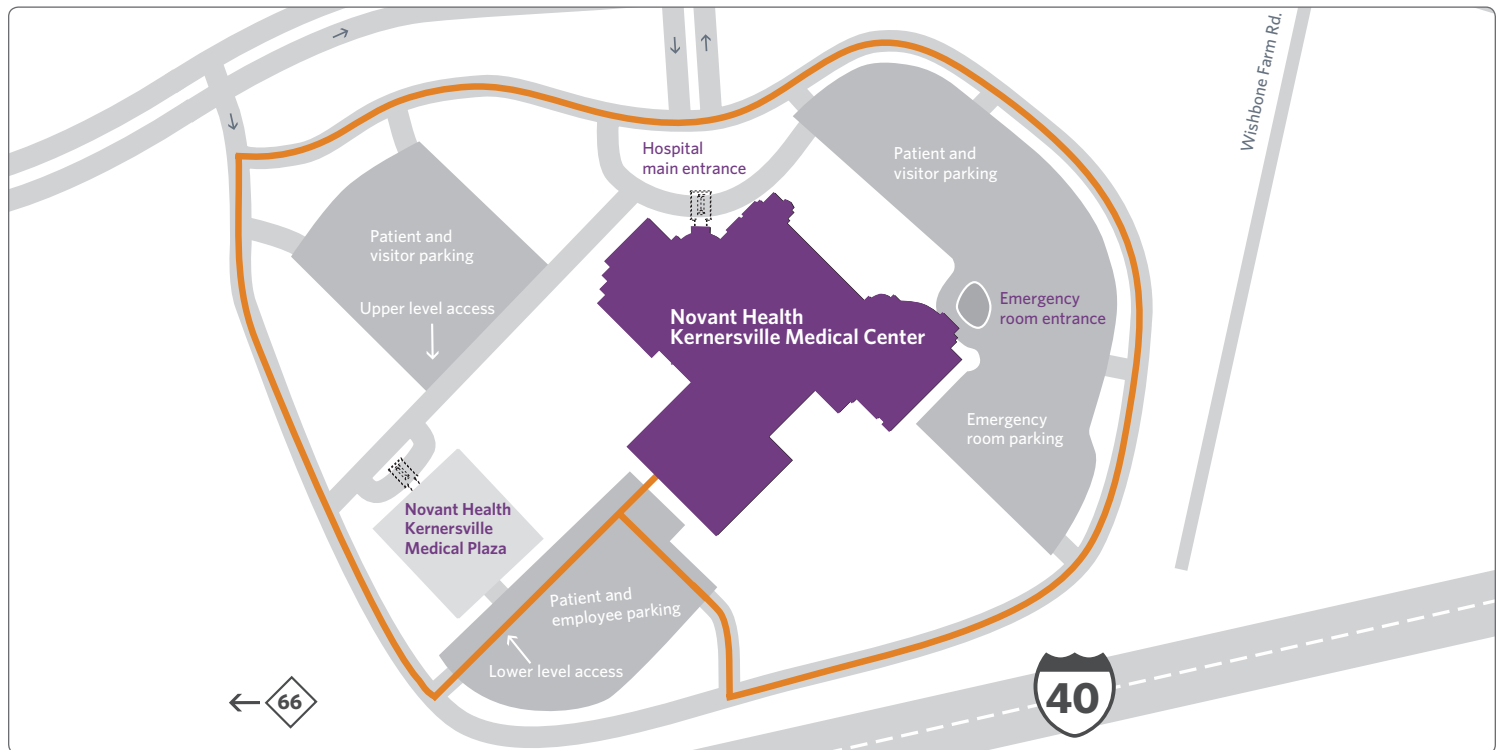
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- Carry your cell phone so you can call for help in case of an emergency.
- Stay on sidewalks where available. If no sidewalks are available, always walk on the side of the road facing oncoming traffic.





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

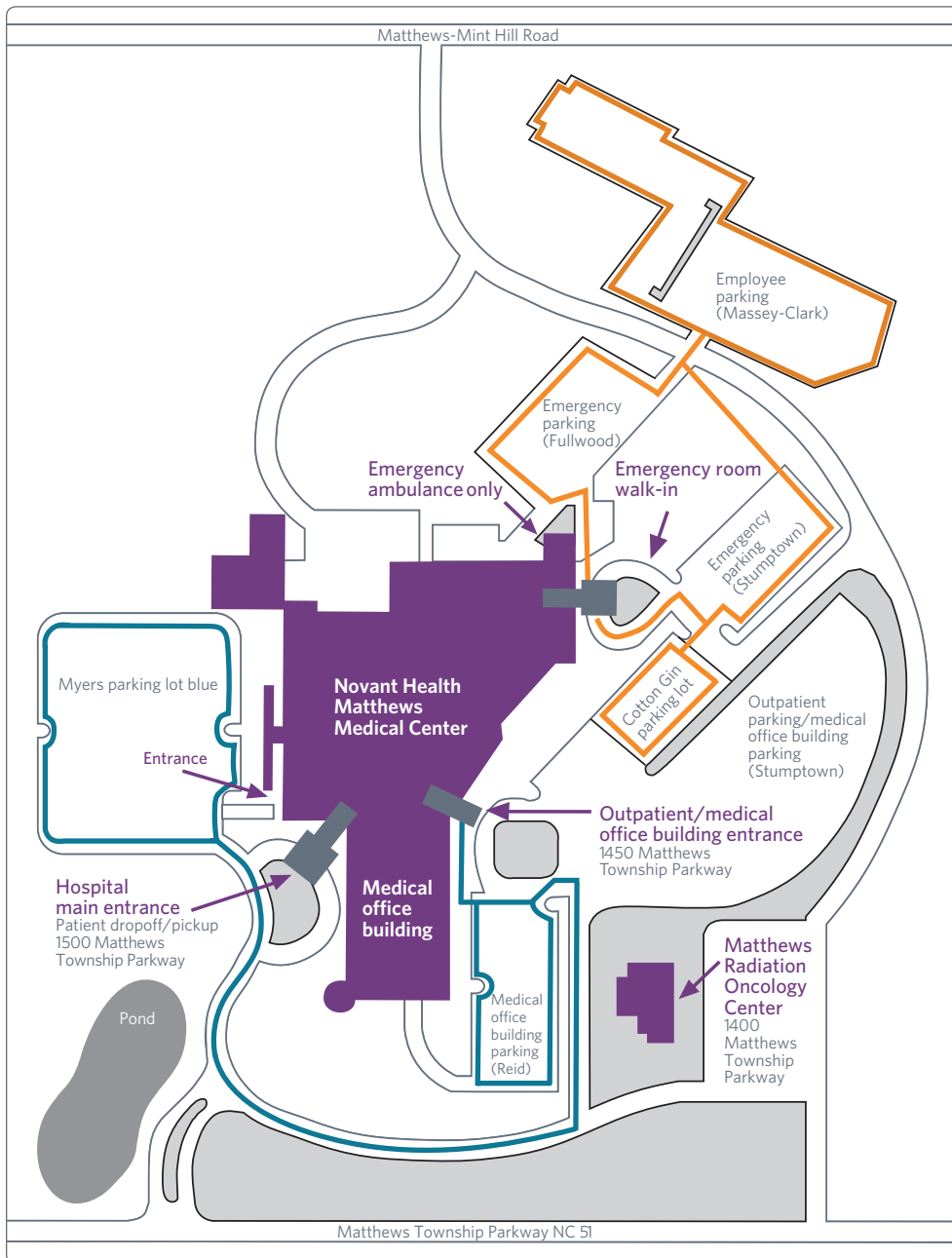
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Walking trails

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



Matthews Medical Center walking trail route 1:

About 0.75 mile. Exit the emergency room (ER) entrance and walk left through the Fullwood parking lot and across the street into the Massey-Clark parking lot. Walk the perimeter of the lot and cross the street into the Stumptown parking lot. Continue walking around the perimeter to the far end of the lot. Cross the street and walk the perimeter of the Cotton Gin parking lot. Then follow the road back into the front lot ending by the ER entrance.

Matthews Medical Center walking trail route 2:

About 1 mile. Exit the side entrance and walk to the right around the perimeter of the Reid parking lot. Then turn right out of the parking lot following the road to the back of the facility. Walk to the Myers parking lot winding up and down each aisle. Exit the Myers parking lot and follow the same route back to your starting point.

Remember to use safety precautions while walking

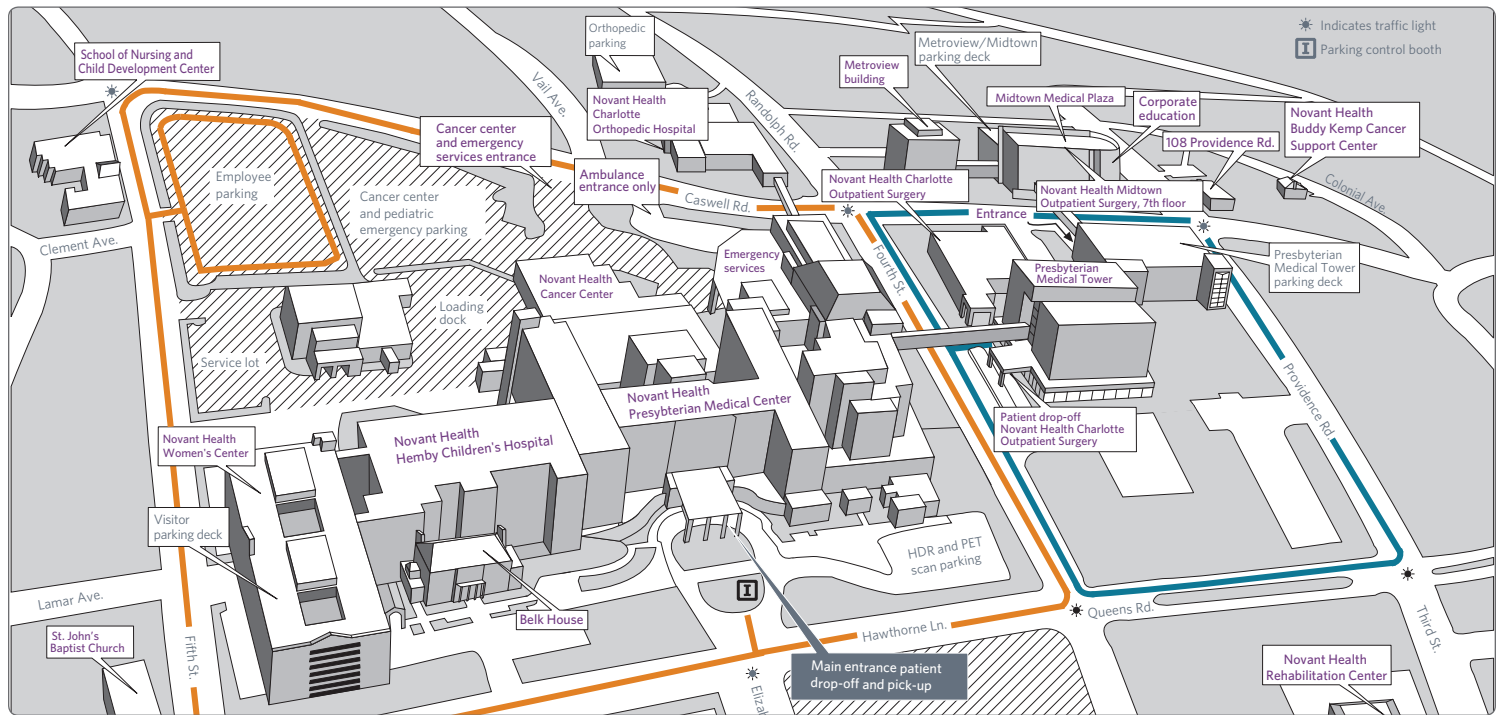
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- Carry your cell phone so you can call for help in case of an emergency.
- Stay on sidewalks where available. If no sidewalks are available, always walk on the side of the road facing oncoming traffic.





Walking trails

Create a Remarkable You by taking a walk at Novant Health Presbyterian Medical Center and Charlotte Orthopedic Hospital



Presbyterian Medical Center walking trail:

About 1 mile. Exit Presbyterian Medical Center and turn right onto Hawthorne Lane. Follow Hawthorne Lane and turn right onto E. Fifth Street. Continue down E. Fifth Street until you reach the employee parking lot. Turn right into the employee parking lot and walk around the lot, making one loop. Exit the parking lot and turn right onto E. Fifth Street. Turn right onto Caswell Road. Follow Caswell Road and then make a right onto E. Fourth Street. Follow E. Fourth Street and turn right onto Hawthorne Lane. Return to the Presbyterian Medical Center main entrance.

Presbyterian Medical Tower walking trail:

About 0.50 mile. Exit Presbyterian Medical Tower from the main entrance and turn right onto E. Fourth Street. Turn right on S. Caswell Road and then turn right on Providence Road. Providence Road will turn into E. Third Street. Turn right onto Queens Road. Follow Queens Road and turn right onto E. Fourth Street. Return to the Presbyterian Medical Tower main entrance.

Remember to use safety precautions while walking

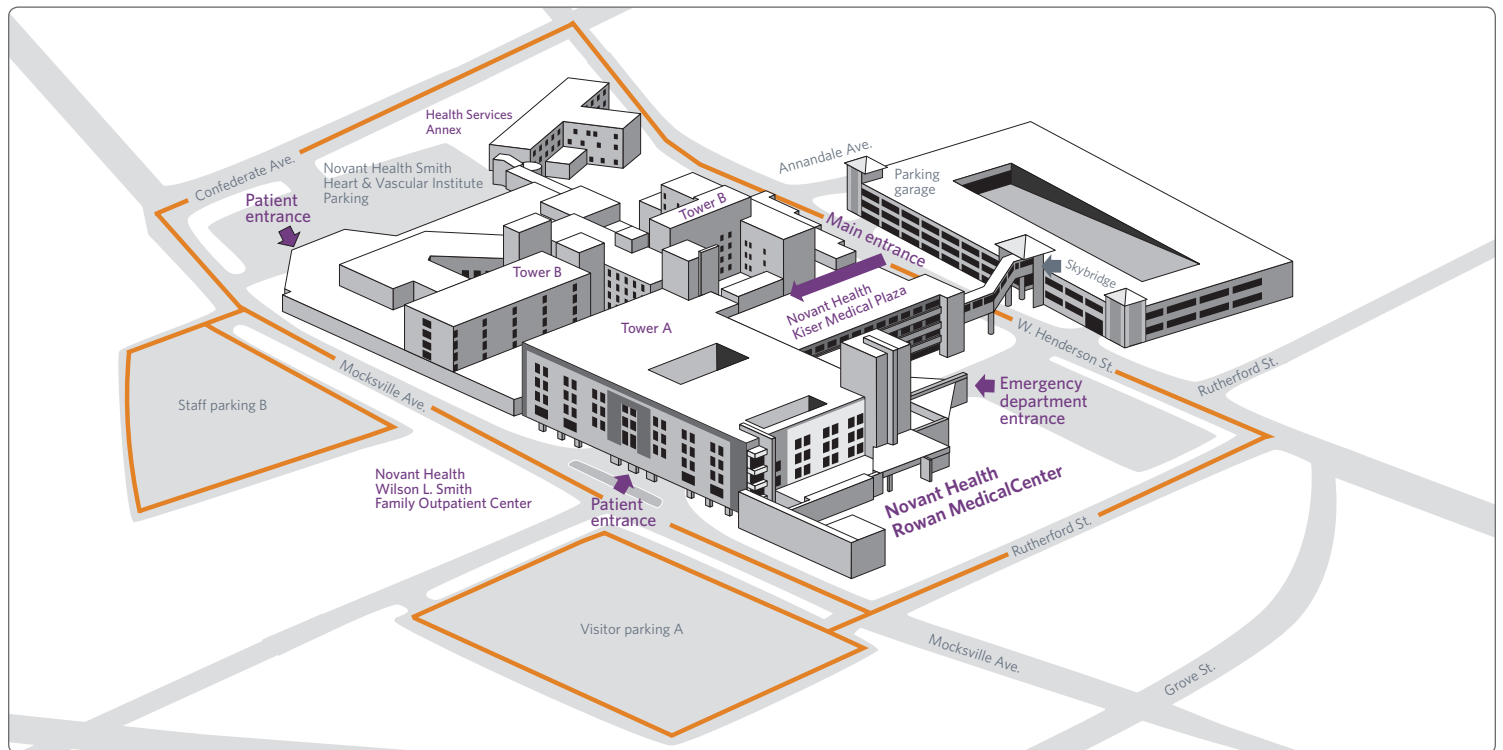
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Walking trails

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



Rowan Medical Center walking trail:

About 1.5 miles. Start at the hospital main entrance and turn right onto W. Henderson Street. Continue walking and turn right on onto Rutherford Street. Walk across Mocksville Avenue into the parking lot on the corner and wind through the parking lot, exiting onto Mocksville. Turn left and follow Mocksville past the emergency department to the last parking lot on the left. Wind through the parking lot and exit back onto Mocksville Avenue. Walk toward Confederate Avenue and turn right onto Confederate. Walk toward W. Henderson and turn right. Continue walking back toward the main hospital entrance.

Remember to use safety precautions while walking

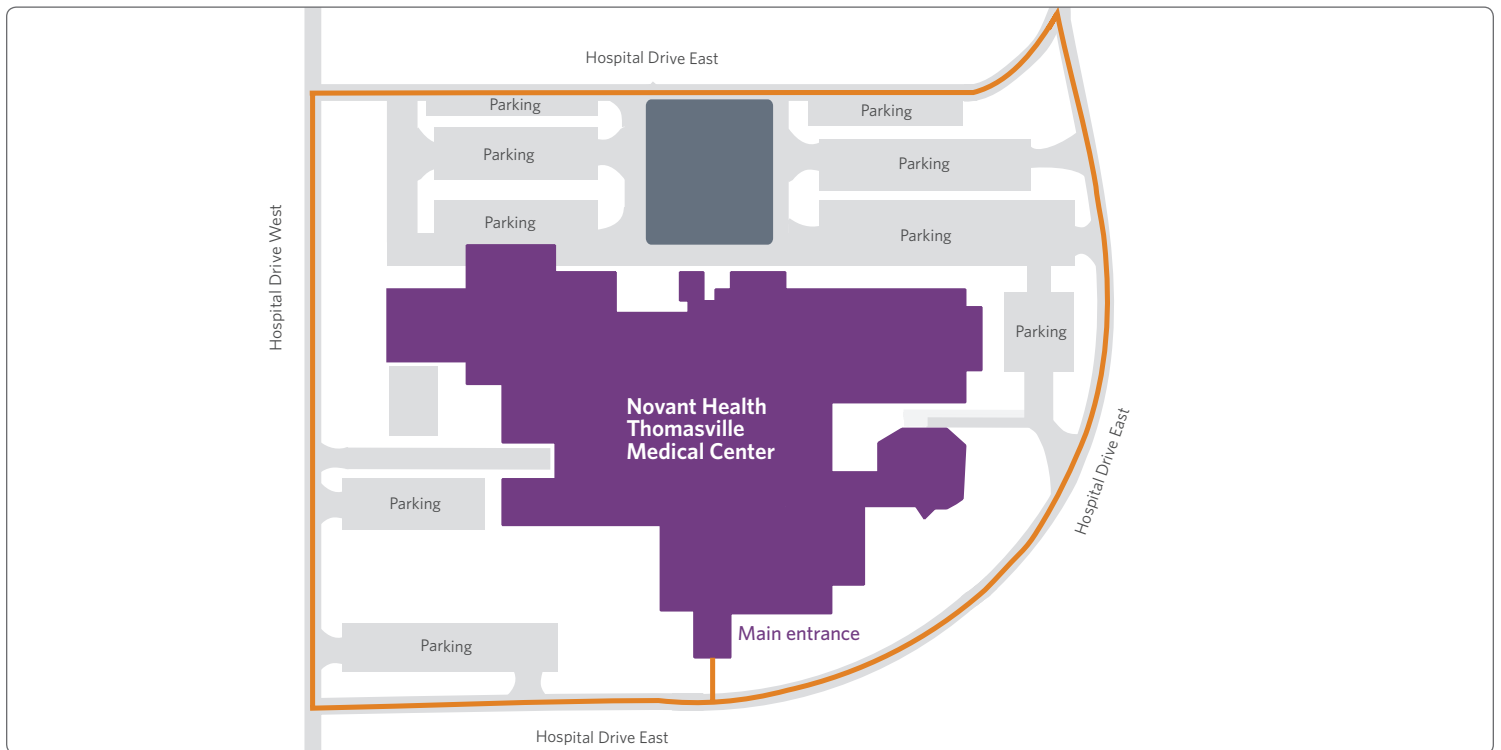
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- Stay on sidewalks where available. If no sidewalks are available, always walk on the side of the road facing oncoming traffic.





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.

