

The
Wellness Trail
at Saint Alphonse



**LIVE YOUR
WHOLE LIFE®**



Saint Alphonse



If you are looking to exercise or relax, we invite you to walk

The Wellness Trail

at Saint Alphonsus



The Wellness Trail is a mile long path around the Saint Alphonsus campus and is available to patients, volunteers, employees, and the community at large.

Five beautiful garden stops are positioned throughout the trail. These gardens provide a space for meditation and relaxation.



The Saint Alphonsus cross is marked on the sidewalk to guide you along the trail.

"All truly great thoughts are conceived while walking."

-Friedrich Nietzsche

"It's your road and yours alone. Others may walk it with you, but no one can walk it for you."

- Unknown

"When real people fall down in life, they get right back up and keep on walking."

- Michael Patrick King



← To I-84

N. Curtis Rd.



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Please try out the North Tower Stairwell if weather is adverse or you would like a higher intensity workout



START

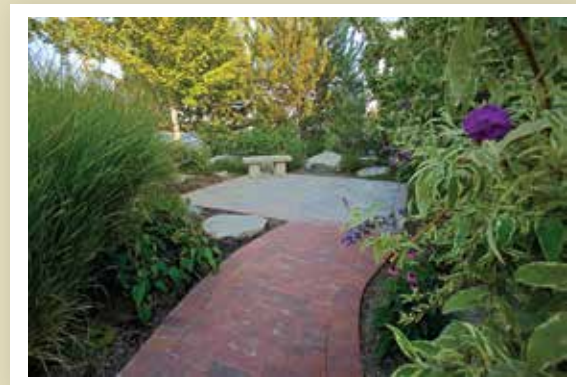
1 mile
5 gardens

Crosswalks
Please use caution when crossing roadways and use crosswalks when available

The Wellness Trail at Saint Alphonus



1 Butterfly Garden
Donated by Saint Alphonus Foundation



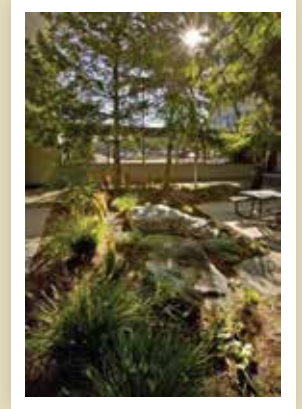
2 Cottage Garden
Donated by Gem State Radiology



3 Renaissance Garden
Donated by Saint Alphonus Employee Support Team



4 Alpine Garden
Donated by Saint Alphonus Employees



5 Waterfall Garden
Donated by Saint Alphonus Auxiliary





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WALK ONE, LIVE TWO

Here's some news you can live with.

For every hour of regular, vigorous exercise adults may gain as many as two hours of life expectancy.



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Benefits of Walking

Reduces risk of heart disease, stroke and diabetes

Strengthens bones and improves balance

Increases muscle strength and endurance

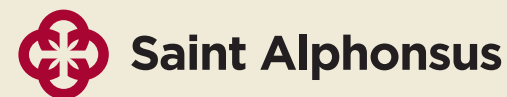
Accessible to everyone and no cost

Doesn't require special equipment

Reduces symptoms of depression and anxiety


Reduces stress

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