

## THRIVE Walking Paths



### MENTAL HEALTH & WELLNESS CENTER



- ▲ ENTRANCE/EXIT
- TREES/SHRUBS

1

PARKING

MENTAL  
HEALTH  
&  
WELLNESS  
CENTER

PARKING

W. STOCKTON BLVD.

LAGUNA PALMS WAY

HWY 99

KAISER PERMANENTE

live well be well  
WELLNESS UNIVERSITY



## 1 Wellness Walk

### DESCRIPTION:

- Exit the W. Stockton Blvd entrance
- Use the parking lot crosswalk to go to the sidewalk, and make a right towards Laguna Palms Way
- Make a right on Office Park Circle then a right into the parking lot (try to stay on sidewalk when possible)
- Return to starting point. Repeat 4x

**DISTANCE:** 0.72 miles

**TIME:** 15 minutes