

THRIVE Walking Paths



SOUTH SACRAMENTO MEDICAL CENTER

KAISER PERMANENTE

live well be well
WELLNESS UNIVERSITY

- E EMERGENCY SERVICES
- ▲ ENTRANCE/EXIT
- P PHYSICIAN PARKING
- P MEMBER PARKING
- P EMPLOYEE PARKING
- TREES/SHRUBS



1 SSC CIRCUIT

DESCRIPTION:

- Start at the outside side of the fence next to one of the stop lights on the corner of Bruceville Road and Alta Valley Road.
- Go around once and end at the same stop light.

DISTANCE: 1.4 miles

TIME: 18 minutes

2 SOUTH TOWER STROLL

DESCRIPTION:

- Start outside MOB 2 and make a right towards MOB 3.
- Walk along the sidewalk, pass Emergency Department towards South Tower
- Go through the back entrance of the South Tower to the OSS building
- Take the OSS stairs to the first floor and exit the employee entrance
- Cross over to the D.B. Moore building, pass it, then take a right through the parking lot
- Walk along the back side of the D.B. Moore, pass the Employee Garden, and use the crosswalk next to the physician parking lot to go back to MOB 2

DISTANCE: .8 miles

TIME: 15 minutes

3 THE STAIR CLIMB

DESCRIPTION:

- Start at MOB 2, Hospital entrance and walk towards the parking lot stairs.
- Take the stairs to the 5th floor.
- On the 5th floor, walk around 3 times, and end at the opposite flight of stairs.
- Take them down to the 1st floor and cross over to MOB 3 entrance.

DISTANCE: .56 miles

TIME: 15 minutes