

THRIVE Walking Paths



WYNDHAM DR

WYNDHAM MEDICAL
OFFICE BUILDING

PARKING

PARKING

BRUCEVILLE RD

KAISER PERMANENTE

live well be well
WELLNESS UNIVERSITY



HWY 99

ARROYO VISTA DR

WYNDHAM
BUILDING

PARKING

- ▲ ENTRANCE/EXIT
- ◆ TREES/SHRUBS

1 "WIN" WYN STROLL

DESCRIPTION:

- Start at the main entrance and walk around the building.
Be cautious as there are parts with no sidewalk.
- Repeat 5x.

DISTANCE: .95 miles

TIME: 25 minutes

2 WYN CIRCUIT - (Inside)

DESCRIPTION:

- Start at the stairwell next to the volunteers' desk.
- Walk across the 1st floor and take the stairs to the 2nd floor.
- Walk across and go down the stairs to the 1st floor. **Repeat 5x.**

DISTANCE: .49 miles

TIME: 15 minutes