

The "30/Thirty" **Health Walks** Continued...

Walks in Zip Code 64124:
 23 Kansas City Museum/Gladstone Blvd.
 24 Samuel U. Rodgers Health Center and Memorial Area

Walk in Zip Code 64128:
 25 Palestine Neighborhood and Central High School Track

Walks in Zip Code 64130:
 26 Swope Parkway Health Center and Lake of the Enshriners
 27 Town Fork Creek

Walk in Zip Code 64131:
 28 The Landing*

Walks in Zip Code 64132:
 29 Meyer Boulevard Promenade
 30 Starlight, Swope Park and the Zoo

* Route is totally or partially enclosed or inside a climate controlled area

TIPS FOR Health Walkers

- n Bring water!
- n Walk with a companion.
- n Remember sunscreen in all weathers
- n In cold, layer clothing and watch footing for ice
- n In heat, walk early mornings.

WALKING VIGOROUSLY?

Be sure to **WARM UP/COOL DOWN**.
 Use the "TALK TEST" — you should still have enough breath!
CELL PHONES add safety.
 Carry ID, or write it in your shoe.
Can you BE SEEN?
 Use reflective tapes or clothing
STAY ALERT! Buy reaction time.

Health Walks from the

Kansas City - Chronic Disease Coalition (KC-CDC) to You...

The **Health Walk** project is part of a multiple-year local campaign to promote and support fine health through moderate exercise. The campaign promotes fitness walking and more than 80 other "healthy habit" community changes.

When you choose to **Health Walk**, you encourage better health for:

YOURSELF, YOUR LOVED ONES, and YOUR COMMUNITY.

Congratulations!

Each of these "30" different tours represents exercise times close to the recommended "Thirty" minute minimum for health benefits, minutes to do your body good at the same time you enjoy the rich civic diversity of the "30/Thirty" **Health Walks**.

The "30/Thirty" **Health Walks** Project

IS FUNDED BY:

The Centers for Disease Control and Prevention through its REACH 2010 initiative

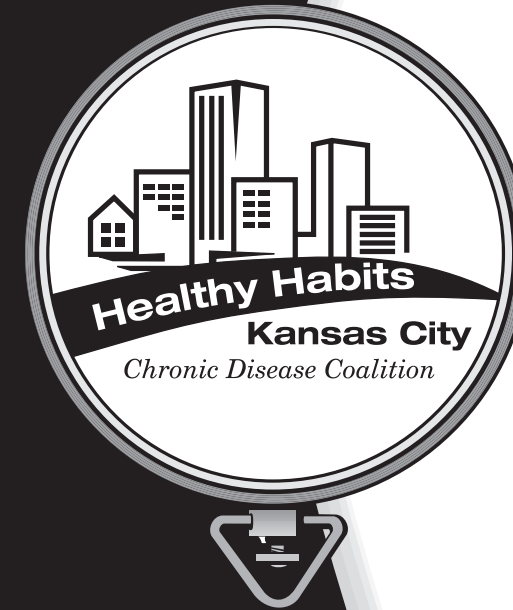
IN PARTNERSHIP WITH:

The Missouri Primary Care Association (MPCA),
 The KC—CDC
 and

The Bureau of Chronic Disease Control,
 Missouri Department of Health and Senior Services (DHSS)



Walk Number 26 of the "30/Thirty" Health Walks



THIS WALK OFFERS:

Public Restrooms, Water, Phones at the Walk Start

POINTS OF INTEREST:

- 1 Swope Parkway
- 2 Swope Parkway Health Center
- 3 Bruce R. Watkins Cultural Center
- 4 Spirit of Freedom Fountain
- 5 Lake of the Enshriners

Health Walk

TOUR OF

Swope Parkway Health Care Center and Lake of the Enshriners

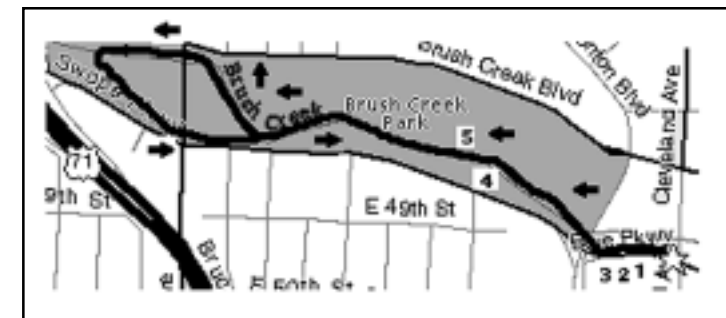
KANSAS CITY, MO

Length of this Health Walk: 2 miles

Estimated time to complete: 40 minutes

Walk Difficulty: Level 1

(Walking Difficulty Range: "1" = level, smooth, simple; to "5" = hilly, irregular, complex)





GETTING TO Swope Parkway Health Center Area

WALKSTART:
Swope Parkway Health Center Parking Lot
3801 Blue Parkway

BYCAR:

From Troost Avenue take Cleaver II Boulevard east to Benton Boulevard, turn right. At Blue Parkway turn left and the health center is on the right. Park at the east end in front of Building C, Community Builders.

BYBUS:

#108 Indiana and #47 Roanoke both at 38th and Blue Parkway. Call KCATA, The Metro at 221-0660 for Connections.

Prefer **SHORT DIRECTIONS?**
Follow the **BOLD TYPE & UNDERLINING.**

Your Swope Parkway Health Center and Lake of the Enshriners Health Walk

Swope Parkway (#1), a major city thoroughfare, was built over a period of sixteen years in the early 1900's. It has a signature parkway design: a 150 foot right-of-way providing limited access, free-flowing traffic and a divided cross-section. It was the first link between then-outlying Swope Park and the city's central neighborhoods. For most of its length it is lined with sidewalks and grassy strips planted with a mixture of elm, oak, maple and ash trees of varying ages.

Swope Parkway Health Center (#2) began in a church basement in 1969. Since then it has provided holistic medical services to area residents who otherwise would not have access to health care. The center values:

- serving community members, regardless of socioeconomic status
- an intimate understanding of customers' needs
- active involvement with staff and the community
- a role as leader and innovator in the community's health

The Center is a member of the **Missouri Primary Care Association**, the networking agency which developed **The "30/Thirty" Health Walks**.

Leave the parking lot facing north, looking toward Brush Creek.

Turn left (west) on Blue Parkway. Use the walking path on the south side, in front of the Health Center. As you cross Cleveland Avenue, the Bruce R. Watkins Cultural Center (#3) is on your right (north). *This living museum, named in honor of one of our most influential political and social activists, showcases the artistic, cultural and social history of the African-American experience. It stands in tribute to the many ways these energies have shaped the city and continue to influence its development. Admission is free.*

Turn right (north) on Benton Boulevard, cross over Brush Creek and enter the park facing the fountain (#4). *Mr. Watkins, a former City Council member and the first black candidate for mayor, established the Spirit of Freedom Fountain Foundation, Inc. The Foundation worked to create the gold-tone fountain and fund its \$436,000 cost. Sculptor Richard Hunt was inspired by the "flaming forces of freedom and the fluidity of jazz music" when he developed this design. The island within the fountain will house a future memorial to the 11 victims of the flash flood who were swept to their deaths at the old Prospect Avenue bridge over Brush Creek in 1998, and to the 25 persons killed in the 1977 flood that devastated the Country Club Plaza.*

The installation of the fountain was the impetus for many improvements and the dramatic transformation of this area, which now has multiple clinics and social service facilities, new office buildings and the rehabilitated Satchel Paige Stadium.

Walk around the fountain and take the steps leading down to Brush Creek. (*Here, the area's name becomes "The Lake of the Enshriners" (#5), honoring the group of civic leaders dedicated to improving the black community). The Enshriners grew out of the work of the Watkins Foundation.*

Twelve park benches honoring people who made significant contributions to the local African-American community were placed across the landscape in 2001.

Turn left, keeping to the north side of the path. Notice the waterfall on the south side. Continue walking until the path leads you to Elmwood Street. Turn around and walk west on the same path.

Take the steps up, facing the Freedom Fountain and return to Benton Boulevard. Turn left (south), on Blue Parkway, cross and walk on the south side to return to your Walk Start.

The "30/Thirty" **Health Walks** in Kansas City's Urban Core: "30" different city tours, each about "Thirty" minutes of healthful brisk walking.

Walks In Zip Code 64105:

- 1 Bartle Hall and Convention Center*
- 2 Quality Hill and Lewis & Clark Point

Walks In Zip Code 64106:

- 3 Berkley Riverfront Park
- 4 City Market
- 5 Columbus Park
- 6 Downtown Government Area
- 7 Downtown Skywalks*

Walks in Zip Code 64108:

- 8 Crown Center/Union Station/The Link*
- 9 Hospital Hill
- 10 18th & Vine and Parade Park
- 11 Union Hill
- 12 The Westside

Walks in Zip Code 64109:

- 13 Center City Boulevards
- 14 Ivanhoe Neighborhood
- 15 Spring Valley Park and Troost Lake

Walks in Zip Code 64110:

- 16 Kauffman Legacy Park and Stowers Research Institute
- 17 Rockhurst and UMKC
- 18 Brush Creek Promenade along the Country Club Plaza

Walks in Zip Code 64112:

- 19 The Country Club Plaza
- 20 Loose Park

Walks in Zip Code 64124:

- 21 Blue Valley Park
- 22 Budd Park

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