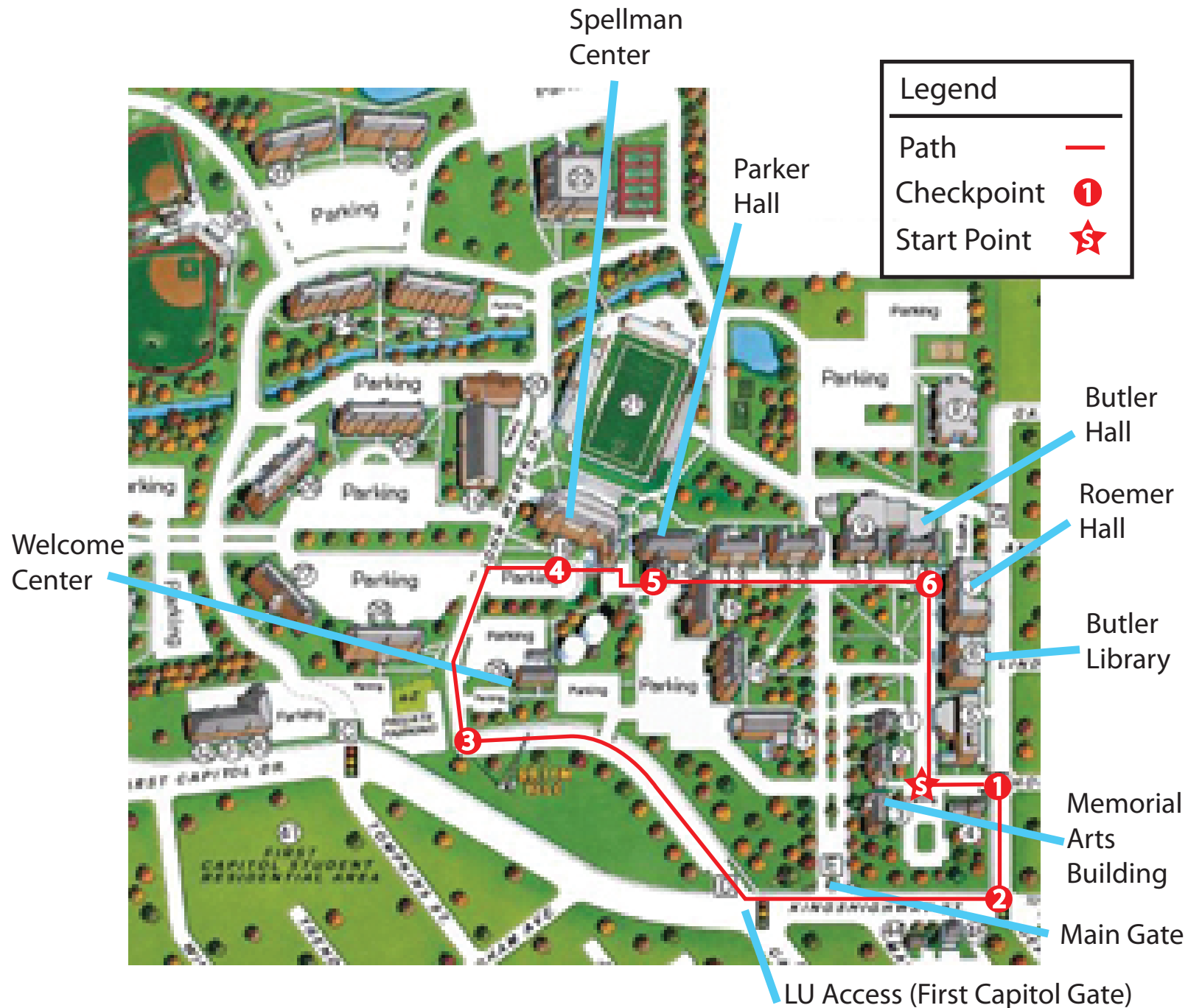


LindenWell - "Inspiring a healthy community"

START ROUTE: Memorial Arts Building

1. Exit parking lot and turn RIGHT onto Watson
2. Turn RIGHT at Kingshighway
3. Turn RIGHT at the "LU Access" walking uphill towards the Welcome Center
4. Go downhill turn RIGHT towards Spellmann Center, and up the stairs of Spellmann Center
5. Continue in front of dorms all the way to Roemer Hall
6. Turn RIGHT and end at Memorial Arts Building

Distance: ~1/2 of mile Time: 20-25 min Level: Moderate Steps: 1000-1100



For more routes and information on the LindenWell Program, visit:
www.lindenwood.edu/lindenwell