



**Cumberland  
Medical Center  
Presents  
"Hike for Health"  
Series**

***A FREE  
Guided Hiking Opportunity  
April 5 - June 28***

In support of improving the overall quality of health of the residents of the Cumberland Plateau, Cumberland Medical Center will host its third annual Hike for Health series in partnership with Friends of the Trails and Tennessee Trails Association's Plateau Chapter.

This free guided hiking opportunity is comprised of 13 weekly one-mile hikes starting at 10:30 a.m. on Mondays. Those who are interested are welcome to join in the hiking series at any time.

**The one-mile Hike for Health series starts at 10:30 a.m. on Mondays at the following locations:**

DATE	LOCATION
April 5	Woodlawn Loop   Crossville
April 12	Centennial Park   Crossville
April 19	Central Trail   Fairfield Glade
April 26	Obed River Park Trail   Crossville
May 3	Downtown Trail   Crossville
May 10	Meditation Trail   Crossville
May 17	Americans with Disabilities Trail (Paved) Cumberland Mountain State Park
May 24	Glastowbury Trail   Fairfield Glade
May 31	Woodlawn Loop   Crossville
June 7	Meditation Trail   Crossville
June 14	Glastowbury Trail   Fairfield Glade
June 21	Centennial Park   Crossville
June 28	Americans with Disabilities Trail (Paved) Cumberland Mountain State Park

**For more information that includes maps of trail locations and routes visit [www.crossvilletrails.com/health-walks](http://www.crossvilletrails.com/health-walks) or call (931) 459-7019.**