



TAKE STEPS TO BETTER HEALTH WITH OUR Hike for Health 2022 Series

**FREE guided walks on one-mile paved trails
April 4 – June 27**

In support of improving the overall quality of health in our community, Cumberland Medical Center will host its fourth 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 on paved trails starting at 10:30 a.m. on Mondays. Those who are interested are welcome to join the hiking series at any time. Registration is not required.

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

| DATE | LOCATION |
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| April 4 | Centennial Park |
| April 11 | Downtown Crossville |
| April 18 | Fairfield Glade Wellness Complex |
| April 25 | Obed River Park Trail |
| May 2 | Fairfield Glade Sculpture Trail |
| May 9 | Cumberland Mountain State Park ADA Trail |
| May 16 | Centennial Park |
| May 23 | Centennial Park |
| May 30 | Downtown Crossville |
| June 6 | Fairfield Glade Wellness Complex |
| June 13 | Obed River Park Trail |
| June 20 | Fairfield Glade Sculpture Trail |
| June 27 | Cumberland Mountain State Park ADA Trail |

