



TAKE STEPS TO BETTER HEALTH WITH OUR **Hike for Health 2023 Series**

FREE guided walks on one-mile paved trails
Mondays at 9:30 a.m. - April 3 - June 26

In support of improving the overall quality of health in our community, Cumberland Medical Center will host its fifth 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 9:30 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 931-459-4262.

DATE	LOCATION
April 3	Obed River Park Trail
April 10	Centennial Park #1
April 17	Downtown Crossville
April 24	Fairfield Glade Wellness Complex
May 1	Fairfield Glade Sculpture Trail
May 8	Cumberland Mountain State Park
May 15	Centennial Park #2
May 22	Centennial Park #1
May 29	Downtown Crossville
June 5	Fairfield Glade Wellness Complex
June 12	Fairfield Glade Sculpture Trail
June 19	Cumberland Mountain State Park
June 26	Obed River Park Trail

