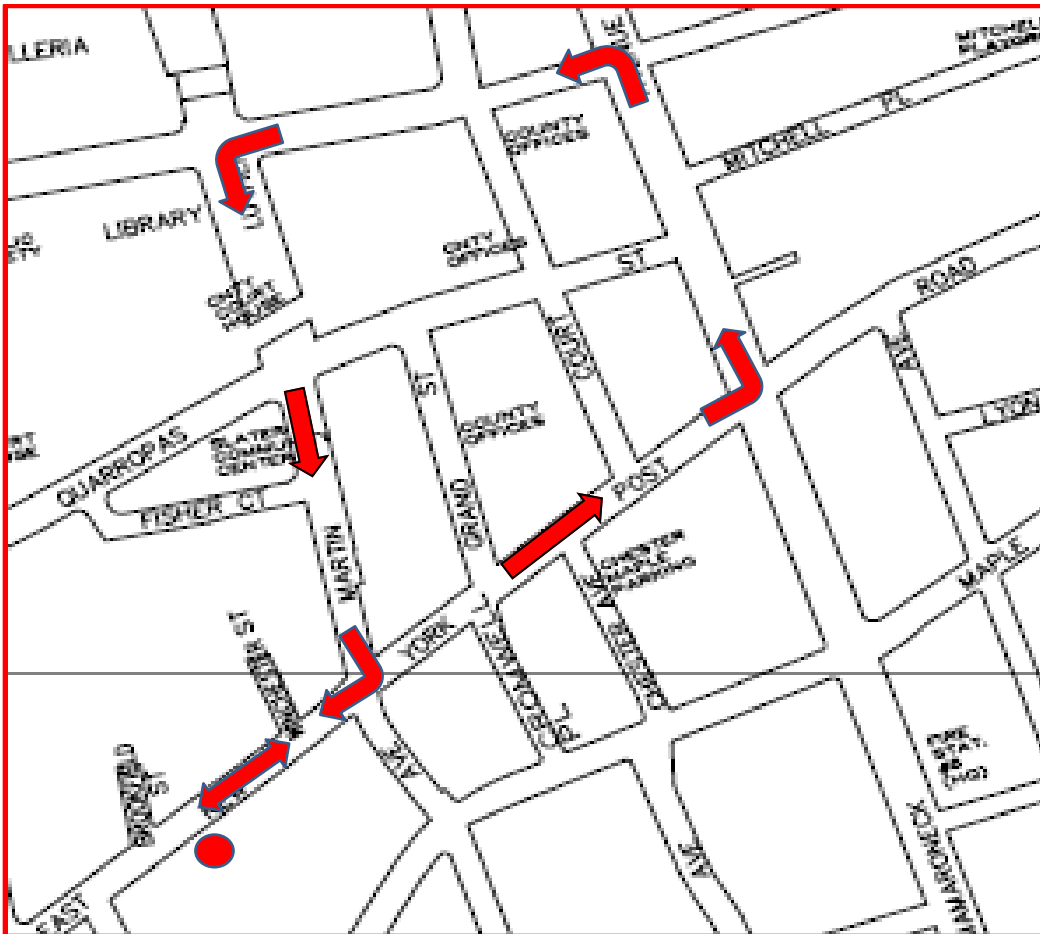


**White Plains Hospital**  
**“Walking Your Way to Wellness” Maps**  
(all walks start and end at the ED Parking Lot)

**“The Hook”**



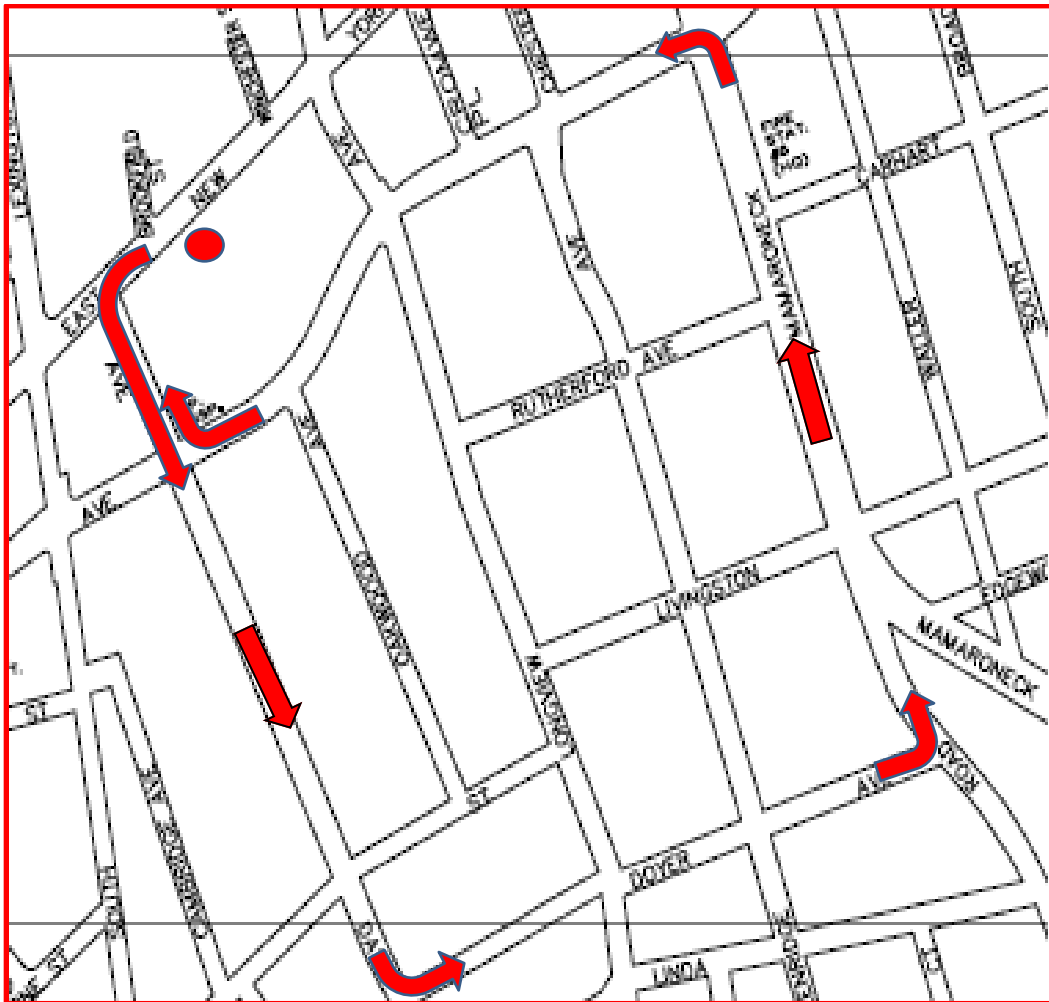
**Right out of ED Parking lot onto **E. Post Road**; at **Mamaroneck Avenue** make a left; at **Martine Avenue** make a left; at **MLK Avenue** make a left; at **E. Post Road** make a right**

## White Plains Hospital

### “Walking Your Way to Wellness” Maps

### “The Box”

(all walks start and end at The ED Parking lot)



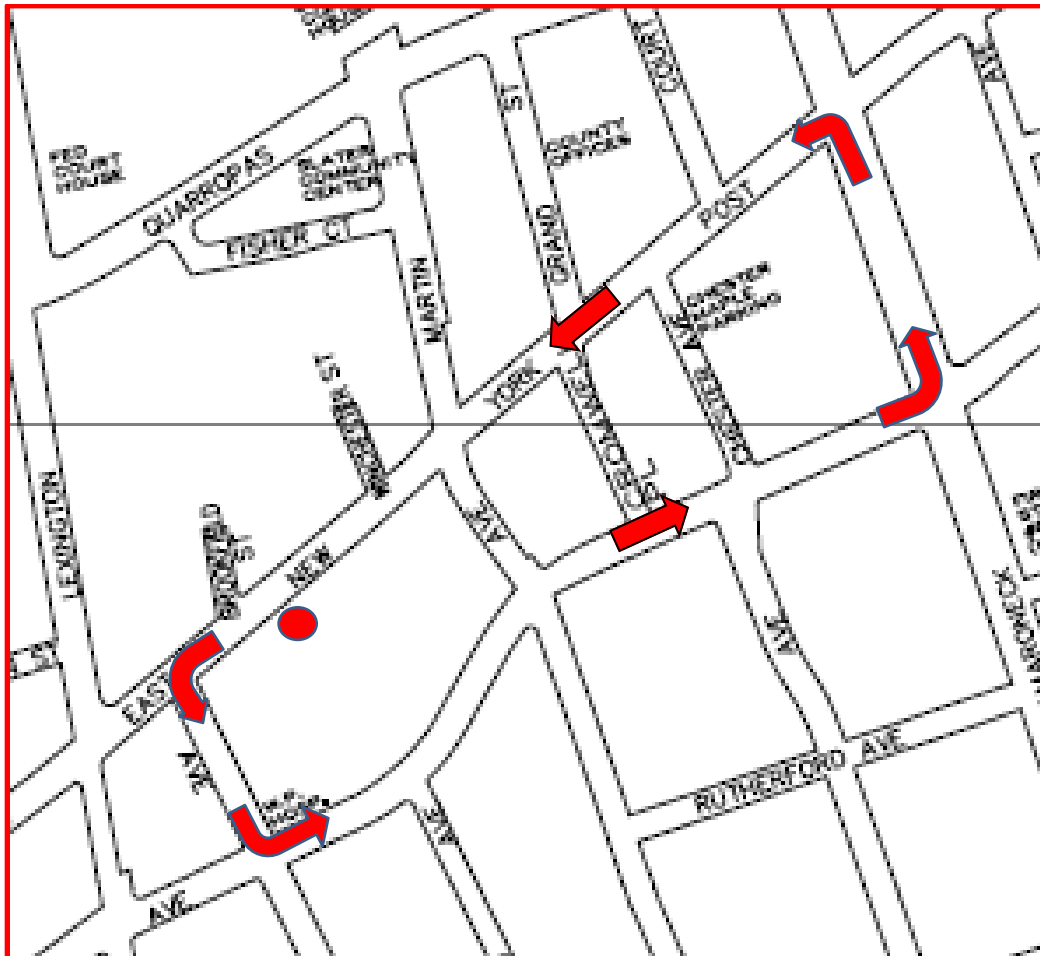
**Left** out of ED Parking lot onto **E. Post Road**; at **Davis Avenue** make a **left**; at **Doyer Avenue** make a **left**; at **Mamoroneck Avenue** make a **left**; at **Maple Avenue** make a **left**; at **Davis Avenue** make a **right**; at **E. Post Road**, make a **right**

## White Plains Hospital

### “Walking Your Way to Wellness” Maps

### “The Wave”

(all walks start and end at the ED Parking lot)



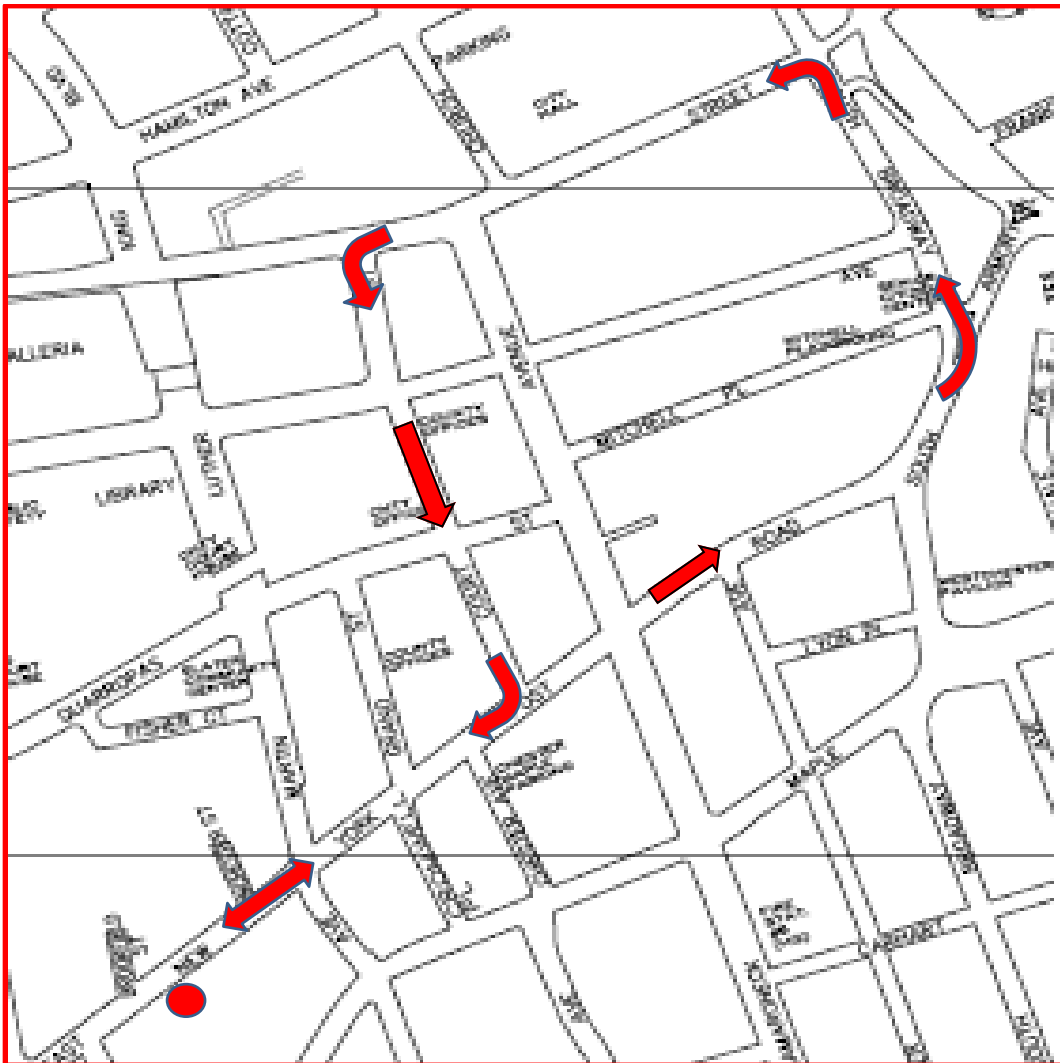
**Left out of ED Parking lot onto **E. Post Road**; at **Davis Avenue** make a left; at **Maple Avenue** make a left; at **Mamaroneck Avenue** make a left; at **E. Post Road** make a left**

## White Plains Hospital

### “Walking Your Way to Wellness” Maps

### “The Hike”

(all walks start and end at the ED Parking Lot)



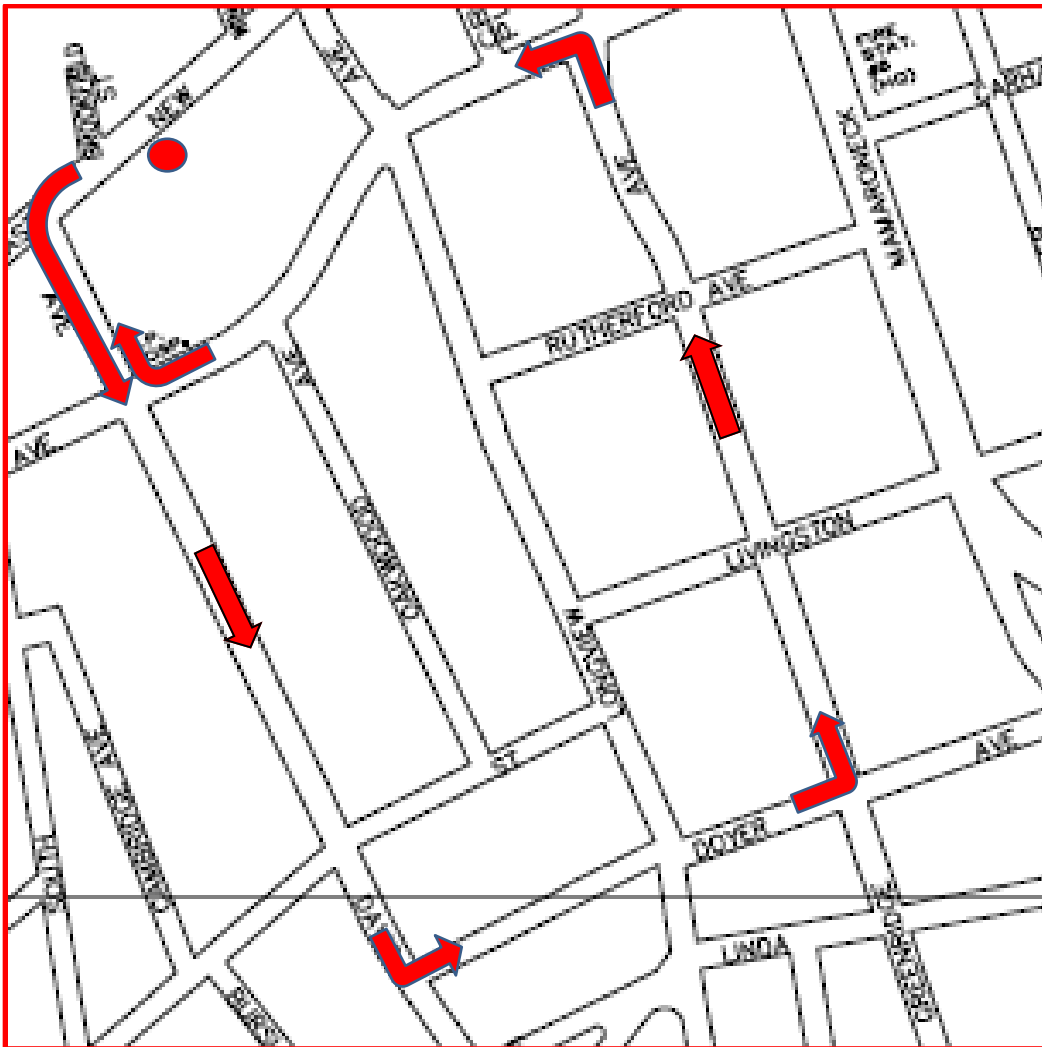
**Right** out of ED Parking lot onto **E. Post Road**; at **South Broadway** keep **left**; at **Main Street** make a **left**; at **Court Street** make a **left**; at **E. Post Road** make a **right**

## White Plains Hospital

### “Walking Your Way to Wellness” Maps

### “The View”

(all walks start and end at the ED Parking Lot)



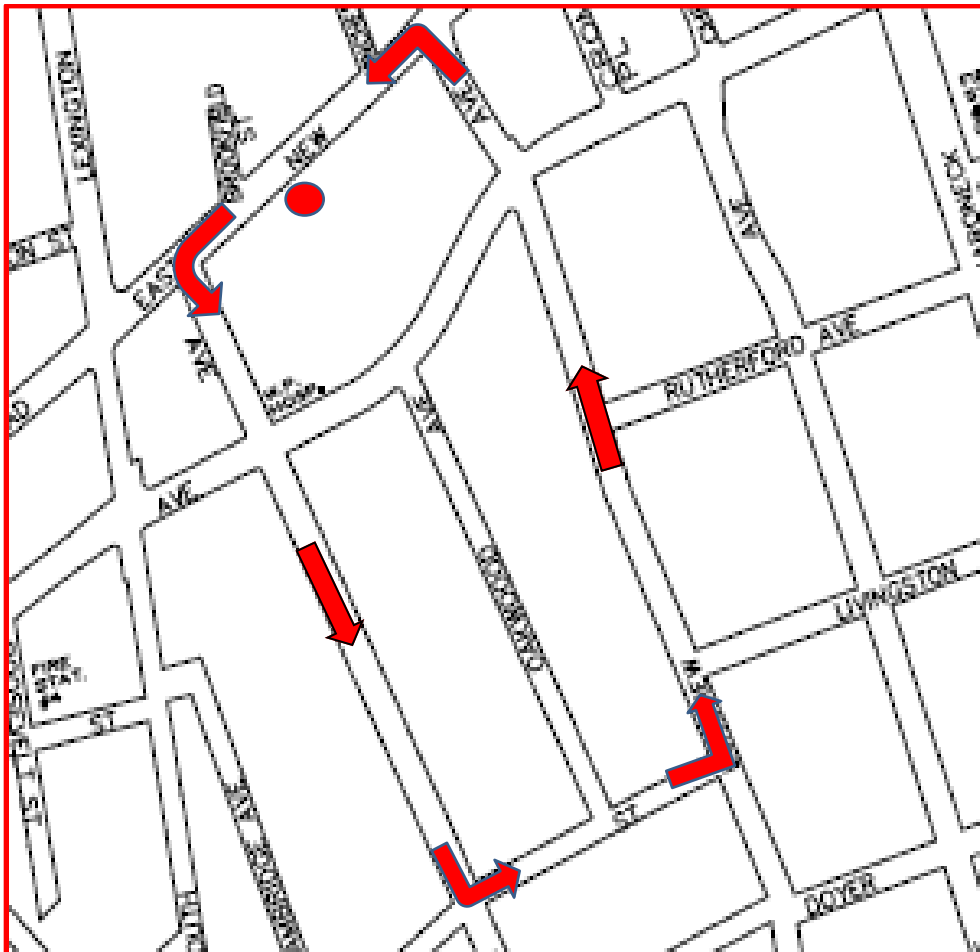
Left of ED Parking lot onto **E. Post Road**; at **Davis Avenue** make a left; at **Doyer Avenue** make a left; at **Greenridge Avenue** make a left; at **Maple Avenue** make a left; at **Davis Avenue** make a right; at **E. Post Road** make a right

## White Plains Hospital

### “Walking Your Way to Wellness” Maps

### “The Stroll”

(all walks start and end at the ED Parking Lot)



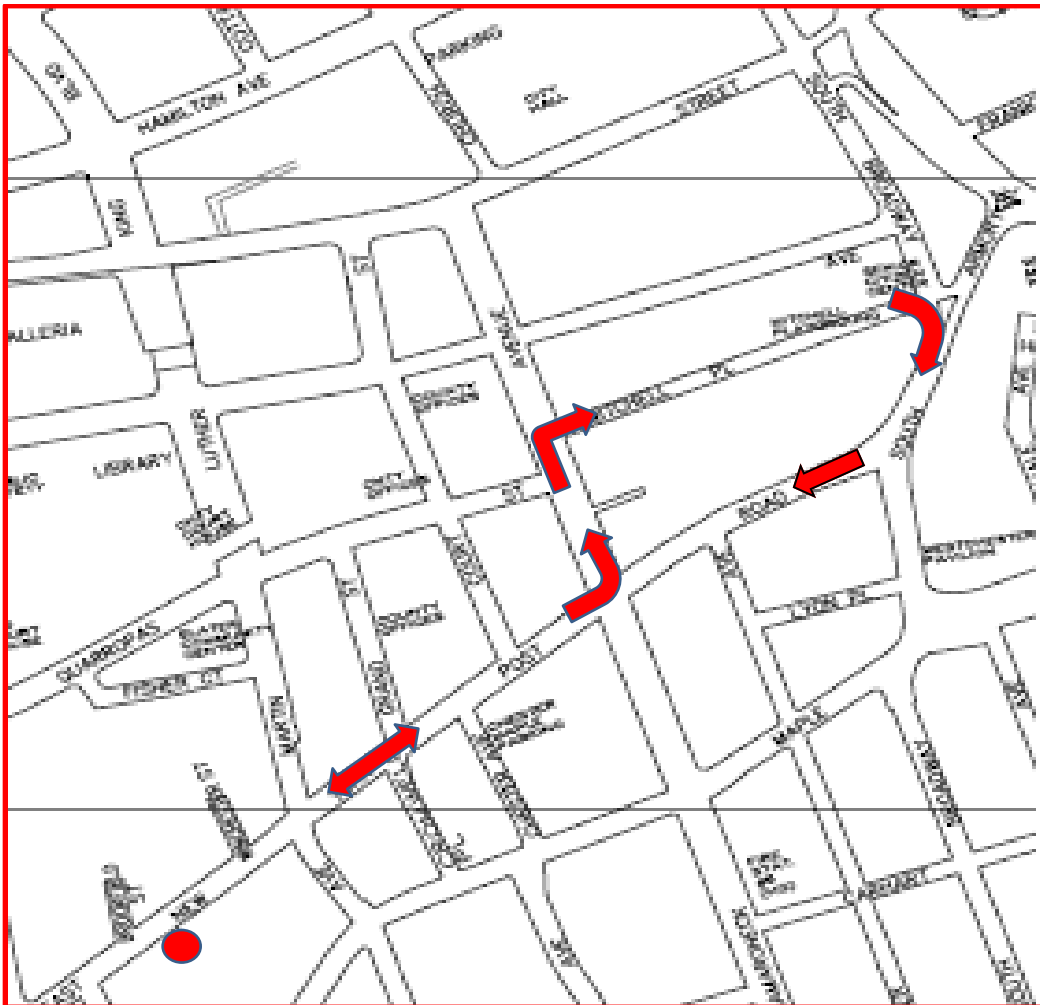
Left of ED Parking lot onto **E. Post Road**; at **Davis Avenue** make a left; at **Prospect Street** make a left; at **Longview Avenue** make a left; at **E. Post Road** make a left

## White Plains Hospital

### “Walking Your Way to Wellness” Maps

### “The Loop”

(all walks start and end at the ED parking lot)



**Right** out of ED Parking lot onto **E. Post Road**; at **Mamaroneck Avenue** make a **left**; at **Mitchell Place** make a **right**; at **South Broadway** make a **right**; bear right and continue on **E. Post Road**

1. Choose a Wellness Walking Route
2. Cut on the dotted line
3. Take it with you on your walk



**"The Hook"**

Right out of ED Parking lot onto E. Post Road; at Mamaroneck Avenue make a left; at Martine Avenue make a left; at MLK Avenue make a left; at E. Post Road make a right

**"The Box"**

Left out of ED Parking lot onto E. Post Road; at Davis Avenue make a left; at Doyer Avenue make a left; at Mamaroneck Avenue make a left; at Maple Avenue make a left; at Davis Avenue make a right; at E. Post Road make a right

**"The Wave"**

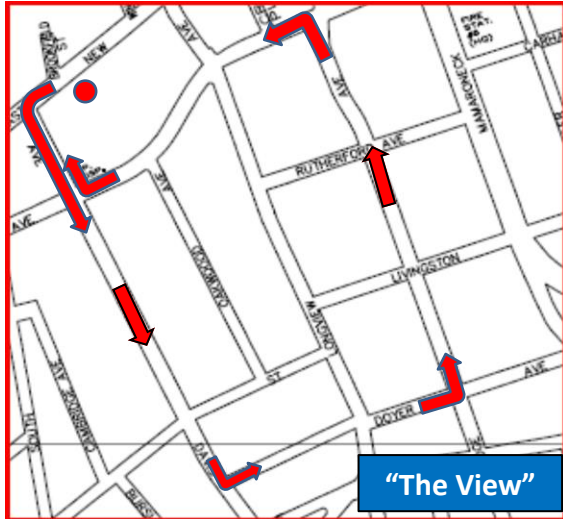
Left out of ED Parking lot onto E. Post Road; at Davis Avenue make a left; at Maple Avenue make a left; at Mamaroneck Avenue make a left; at E. Post Road make a left

**"The Hike"**

Right out of ED Parking lot onto E. Post Road; at South Broadway keep left; at Main Street make a left; at Court Street make a left; at E. Post Road make a right

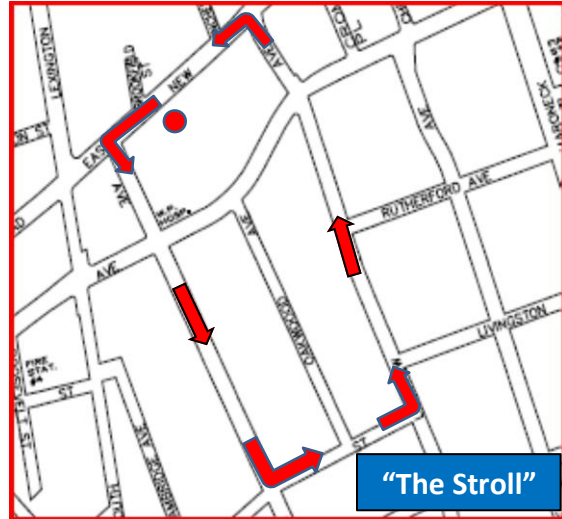


1. Choose a Wellness Walking Route
2. Cut on the dotted line
3. Take it with you on your walk



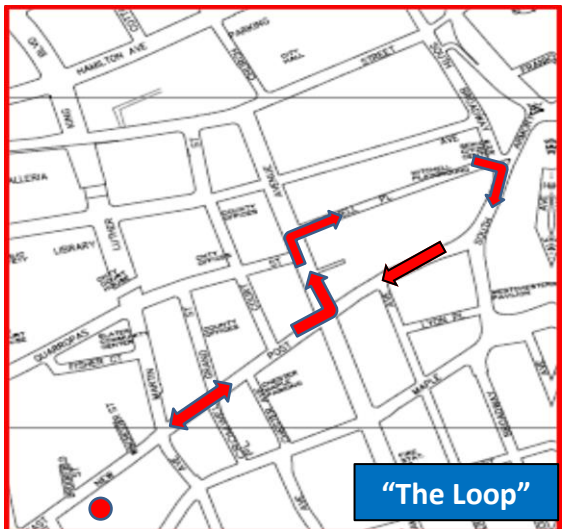
**“The View”**

Left of ED Parking lot onto **E. Post Road**; at **Davis Avenue** make a left; at **Doyer Avenue** make a left; at **Greenridge Avenue** make a left; at **Maple Avenue** make a left; at **Davis Avenue** make a right; at **E. Post Road** make a right



**“The Stroll”**

Left of ED Parking lot onto **E. Post Road**; at **Davis Avenue** make a left; at **Prospect Street** make a left; at **Longview Avenue** make a left; at **E. Post Road** make a left



**“The Loop”**

Right out of ED Parking lot onto **East Post Road**; at **Mamaroneck Avenue** make a left; at **Mitchell Place** make a right; at **South Broadway** make a right; bear right and continue on **E. Post Road**