

# UNIVERSITY OF LOUISVILLE®

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## Follow the UofL Health Sciences Center



## Walk the Line

*UofL School of Medicine creates Medical Mile walking path to promote wellness*

LOUISVILLE, Ky. – Students, faculty, staff, patients and visitors to facilities within the University of Louisville Health Sciences Center now have a marked 1-mile path to foster wellness through walking.

The HSC Medical Mile walking path will be dedicated at a ribbon-cutting on Tuesday, April 24, at 11:30 A.M. **Louisville Mayor Greg Fischer** will join **UofL School of Medicine Dean Toni Ganzel, M.D.**, to open the new path.

The event will be held at the Medical Mile's starting point, on the sidewalk next to the Health Sciences Center Plaza near Kornhauser Library, 500 S. Preston St.

The Medical Mile follows a 1-mile path from the HSC Plaza north to East Muhammad Ali Boulevard, east to South Hancock Street, south to East Chestnut Street, west to South Floyd Street, north to East Muhammad Ali again, and finishing up by going south on South Preston back to the starting point.

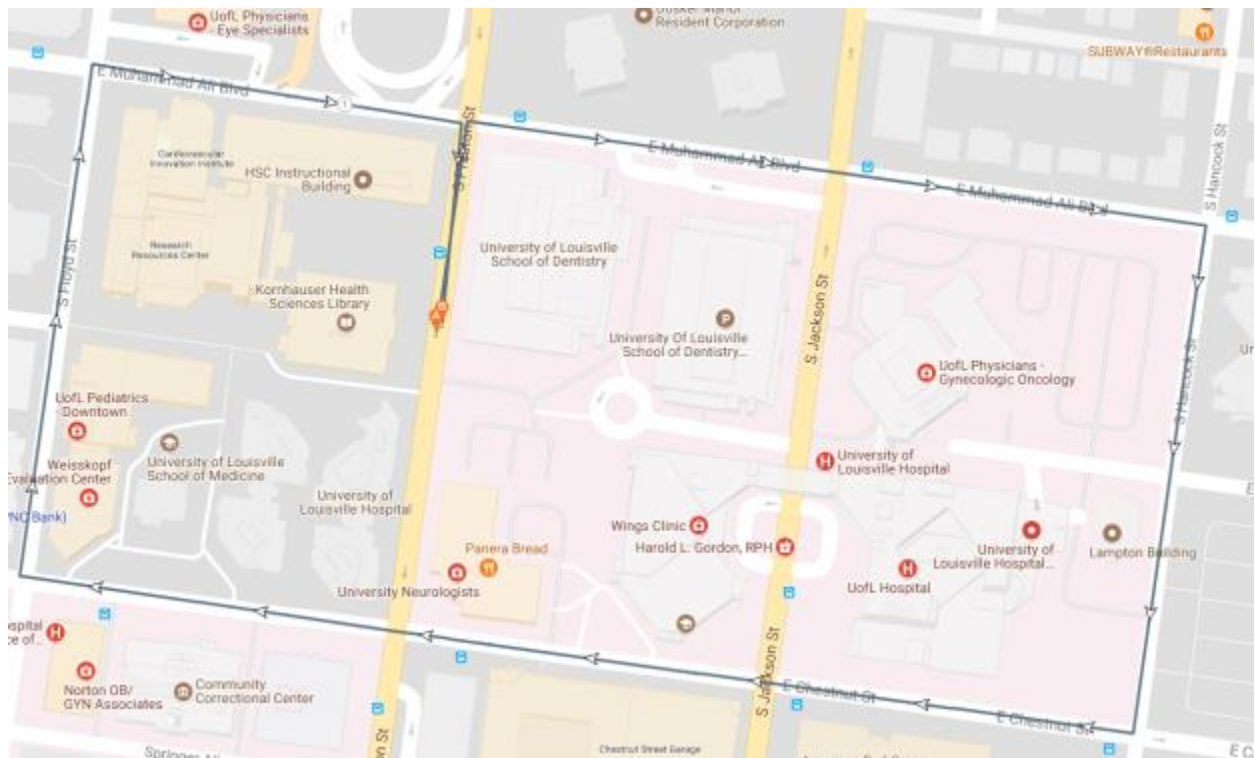
The mile is marked along the way with the Medical Mile graphic image and with one-fourth, one-half and three-quarter mile markers as well.



The creation of the Medical Mile was part of the School of Medicine’s SMART Wellness Task Force and the Being Well Initiative, said Chief of Staff Karan Chavis, and is the product of the work of the committee under the leadership of former co-chair Miranda Sloan and current co-chair Tamara Iacono.

“We know that walking is great physical activity that virtually anyone can do, and with the sidewalks we have surrounding our buildings, we have a ready-made way to create a dedicated walking space for people,” Chavis said. “Through the spring and summer, we are encouraging people to create ‘walking trains,’ picking up people along the way and walking together.”

*The path of the HSC Medical Mile is shown on the map below:*



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