

**This Health Walk was created for you by:
The Kansas City Quality Improvement Consortium—KCQIC...**

Our initials have inspired our healthy lifestyles motto “KC Kick it Up a Notch!” Its invitation to active wellness defines the Health Walk Project.

The project is only one part of the multi-year Healthy Lifestyles initiative to promote and support fine health through healthy choices, including: moderate exercise, proper nutrition and freedom from tobacco use.

When you participate in the Health Walk program, you encourage:

**BETTER HEALTH for
YOURSELF, YOUR LOVED ONES and YOUR COMMUNITY.
CONGRATULATIONS!**

The KCQIC Health Walk Project is funded by:

The Health Care Foundation of Greater Kansas City
as part of its Healthy Lifestyles initiative



Use this and other Health Walks to support your active lifestyle and maximize your personal physical fitness. “Kick it Up a Notch!” We can all practice better health and health care, together.

For more Health Walks in the Greater Kansas City, bi-state area, go to www.kcqic.org



This KC Kick it Up a Notch Health Walk Offers:

No facilities within the Health Walk area.

Bring water, cell phone, a walking companion (if possible) and sunscreen (even when cloudy).

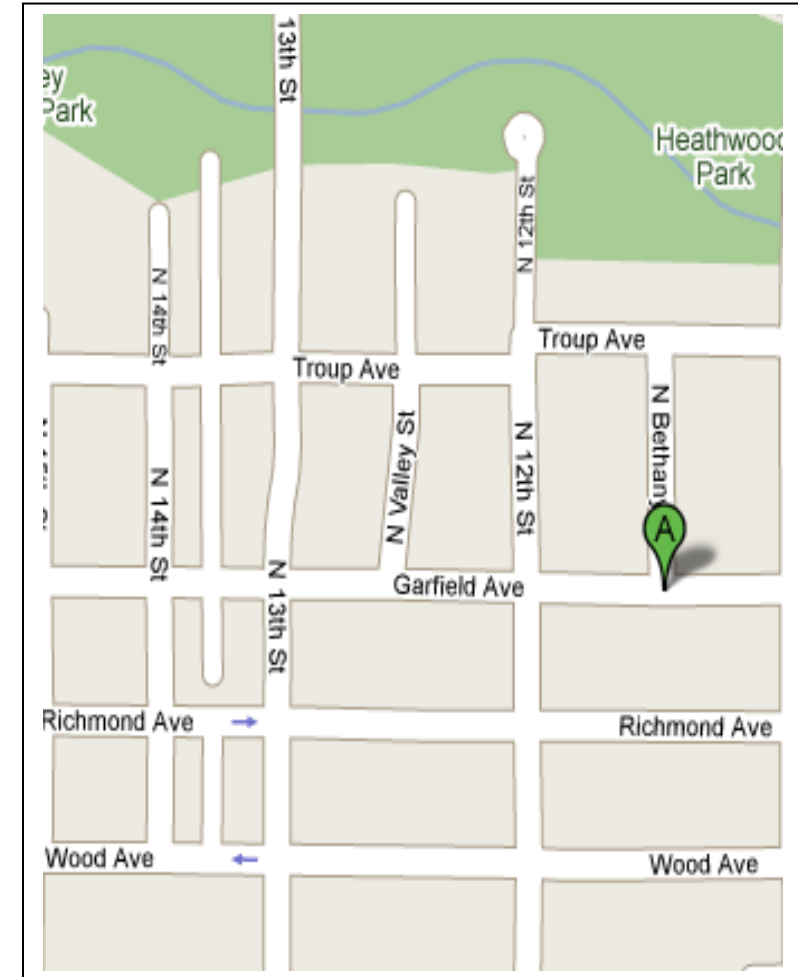
Think safety!

POINTS OF INTEREST:

1. Mount Carmel Redevelopment Corporation
2. Breidenthal Youth and Family Community Center
3. Mount Carmel New Residences
4. Mount Carmel Church of God In Christ
5. Mt. Carmel Community Outreach Services
6. Mount Carmel Place
7. Hathwood Park

Mt. Carmel Health Walk

Kansas City, Kansas



GETTING TO THE
**Mt. Carmel Health
Walk**

WALK START: Breidenthal Youth and Family Center of the Boys and Girls Club

BY CAR: From downtown Kansas City, Kansas, proceed on Parallel Prkwy to N. 13th St. and turn left. Proceed one block to Troup Ave. and turn left. Park on your left at the Boys and Girls Club.

Length Health Walk 1 miles
Estimated complete: 30 mins
Walk difficulty:... Level 3
(Walking Difficulty Range: "1" = smooth, simple to "5" = hilly, irregular, poor/no sidewalks, complex, etc.)

Prefer SHORT DIRECTIONS?
Follow the **BOLD TYPE** and UNDERLINING

**Your Mt. Carmel
Health Walk**

The Mount Carmel Redevelopment Corporation (MCRC), located in the Breidenthal Youth and Family Community Center, 1220 Troup Ave. has taken as its mission field, the restructuring of urban core of Kansas City, Kansas. It envisions revitalized neighborhoods with quality, affordable housing, access to basic human services and sustained economic development. MCRC has become the catalyst for the revitalization of this Kansas City, Kansas neighborhood and demonstrating how community resources can be designed and built through the volunteer leadership of its Board of Directors and staff.

Begin this Health Walk from the parking lot of the Breidenthal Youth and Family Center of the Boys and Girls Club. This 45,000 square foot Community Education and Activity Center house Boys and Girls club activities, child care; gymnasium and multipurpose room to meet facility, and community-based needs; and community outreach services, which go beyond charity to foster social change and build self-reliance; expanded school for kindergarten through fifth grade; library; and office areas.

Facing the street, turn left on Troupe Ave. and walk to N. 12th St. Turn right and walk one block to Garfield St. Turn left on Garfield and walk one block to N. Bethany, then turn left again. You will be passing by some of the new homes and some the original homes in the neighborhood. In total, forty-eight new, single family homes are scheduled to be built in the target area.

Return to Troup Ave. then turn right. Just ahead is the Mount Carmel Church of God In Christ. Mt. Carmel Community Outreach Ministries is designed to go beyond charity to foster social change and to build self-reliance. Community Outreach was born out of Mt. Carmel Church of God in Christ's desire to expand its ministry to help feed area low-income residents through a joint food kitchen effort. The program expanded in 1987 to become a food distribution system for Harvesters, the local food bank.

Today Mt. Carmel Community Outreach Services is a multifaceted program. Mt. Carmel seeks to address root causes for problems affecting Kansas City, Kansas families. In 2001, governance of community outreach services were transferred to the Mt. Carmel Redevelopment Corporation. Mt. Carmel Community Outreach Ministries is a human service component that helps MCRC carry out its mission to improve the quality of life for residents of Kansas City, Kansas, by addressing concerns of the family throughout the complete life cycle - cradle to the grave. The program's intent is move people beyond poverty into productivity. To the right of the church is the Mount Carmel Place, offering quality affordable senior living for persons 55 and better. Mt. Place, LLC, offers affordable housing in the redeveloping area surrounding the Mt. Carmel Church. This sixty-one unit senior housing complex targeting low to moderate income senior citizen was completed in March, 2001. The complex consists of forty-seven 1 Bedroom and fourteen 2 Bedroom units with spacious common areas and storage in the building with an attached community center. Mt. Carmel Place Community Center is attached to the complex.

Turn left on N. 11th St and stay on your left. You will be facing Hathwood Park. **As you pass the fire hydrant, veer left onto the walking trail that is adjacent to Jersey Creek. Follow the trail until you reach the traffic signal located back at N. 13th St. and Parallel Parkway.** From this point, look west to see the steeples of the Blessed Sacrament Catholic Church, in the distance at 22nd St. and Parallel Parkway. **From there, turn back left along N. 13th St. to Troup Ave. and back to your Walk Start.**