

This Health Walk was created for you by the

Kansas City Quality Improvement Consortium –KCQIC...

This Health Walk Project is part of a multi-year local campaign to promote and support fine health through moderate exercise and the development of other “healthy habits.” This Healthy Lifestyle choice along with proper nutrition and the avoidance of tobacco products is an important part of staying healthy and well.

When you choose to 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



Using this and other Health Walk is a great way to practice your being physically active and maximizing your personal physical fitness. It is a great way to Kick it up a Notch! It is also a great part of how We Can All Practice Better Health Care Together.

To obtain more information of additional Health Walks in the Greater Kansas City, Bi-State Area, go to the KCQIC Website – www.kcqic.org



THIS WALK OFFERS:

Phones, water, and restrooms are available within this Health Walk area.

POINTS OF INTEREST:

- 1. Post Office Branch**
- 2. Washington Boulevard**
- 3. Turtle Hill Neighborhood**
- 4. First Hmong Christian and Missionary Alliance Church**
- 5. Sumner Academy/Sumner Academy of Arts and Sciences**
- 6. Big Eleven Lake Park**
- 7. Kansas School for the Blind**

Washington Boulevard Health Walk

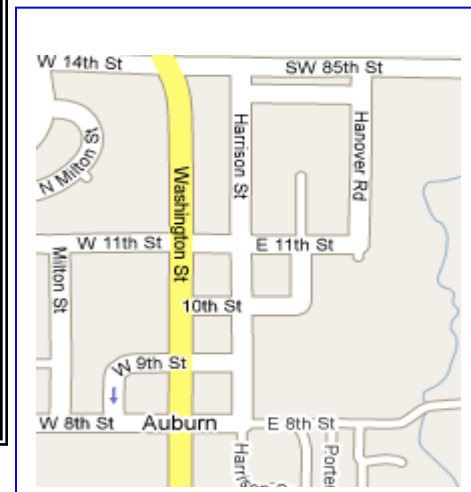
Kansas City, Kansas

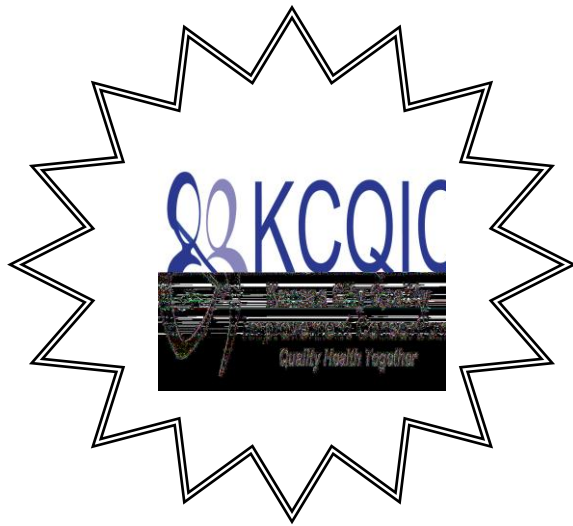
Length of this Health Walk:..... __miles

Estimated time to complete:..... __ minutes

Walk difficulty:..... Level __

(Walking Difficulty Range: “1” = smooth, simple to “5” = hilly, irregular, complex)





GETTING TO THE Washington Boulevard Health Walk

WALK START: The Post Office located at 6th St. between Washington Blvd. and Nebraska St. in Kansas City, KS.

BY CAR:

Drive to the parking lot of the Post Office located at 6th St. between Washington Blvd. and Nebraska St.

BY BUS:

Fill this in

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

Your Washington Blvd. Health Walk in Kansas City, KS

Start your Health Walk at the parking lot of the Post Office located at 6th St. between Washington and Nebraska Streets. Go the Washington Blvd. and turn left on Washington. Proceed on the right side of the street walking into the Turtle Hill neighborhood. At ___ St. you will find the current location of The First Hmong Chritian and Missionary Alliance Church. Continuing past the church grounds, proceed on Washington Blvd. to 8th St. Turn right on 8th St. and proceed two blocks to Oakland, and the location of Sumner Academy. Sumner Academy has had a rich history of grooming some of the best African-American scholars and athletes during its time as an all Black high school. Today it serves as an integrated public college-preparatory school that continues to

prepare urban students for high-level university work. Created in response to a court desegregation mandate, Sumner Academy opened in the fall of 1978 at a time when increasing diversity, poverty levels and decreasing performance on test scores were widespread community concerns. While no longer bound by a desegregation order, Sumner continues to excel despite many challenges. Despite these obstacles, Sumner Academy established at its conception and continues to maintain high behavioral and academic standards for students. One key factor that significantly helps in maintaining Sumner Academy's rigorous academic standing is the International Baccalaureate Program, introduced in 1987. Sumner's Mission Statement of Sumner Academy states, "Sumner Academy of Arts and Science offers a college preparatory curriculum with educational experiences that promote responsibility, adaptability and lifelong learning to its diverse student body". In 2005, Newsweek Magazine ranked Sumner Academy number 75th in the "100 Best High Schools in America." -the second time Sumner was placed on this listing.

Turn left on Oakland and then left on 9th proceeding back to Washington Blvd. As you approach 11th St. Turn one half block on

You will be at Big Eleven Lake. Take the time to circle around the lake (walking clockwise. Note the mural located on the building across the street on Nebraska. As you walk around the lake, note the artistic designs created as a result of the retaining walls built surrounding the lake. While visiting the 3 ½ acres lake park, take time to visit the Charlie Parker plaque, which officials recently installed t commemorate the site of Parker's first home just a few blocks away. The marker sits on the east side of the lake, next to a bandstand, and consists of a bronze plaque resting on a coated steel pedestal in the shape of a saxophone. Parker's image is engraved on the plaque next to a quote attributed to him. Parker's first home was in the 800 block of nearby Freeman Avenue. The Kansas Department of Wildlife and Parks stocks urban lakes, including Big Eleven Lake with channel catfish, hybrid sunfish and wipers as often as every two weeks from April through September (check local licensing requirements for fishing there).

Just beyond the lake past 11th St. are the grounds of the Kansas School for the Blind, which can extend your Health Walk experience by walking the perimeter around the school grounds. The mission of the Kansas State School for the Blind (KSSB) is to empower students with the knowledge, attitudes, and skills to assume responsible roles in society and to lead fulfilling lives. KSSB is a statewide leader in establishing partnerships with parents, school districts, and community resources to promote access to a high quality education for all Kansas students with visual impairments, regardless of where they attend school.

Return back to Washington Blvd and proceed back along the route just completed to return back to your Walk Start location at the Post Office parking lot at 6th St.