

**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:

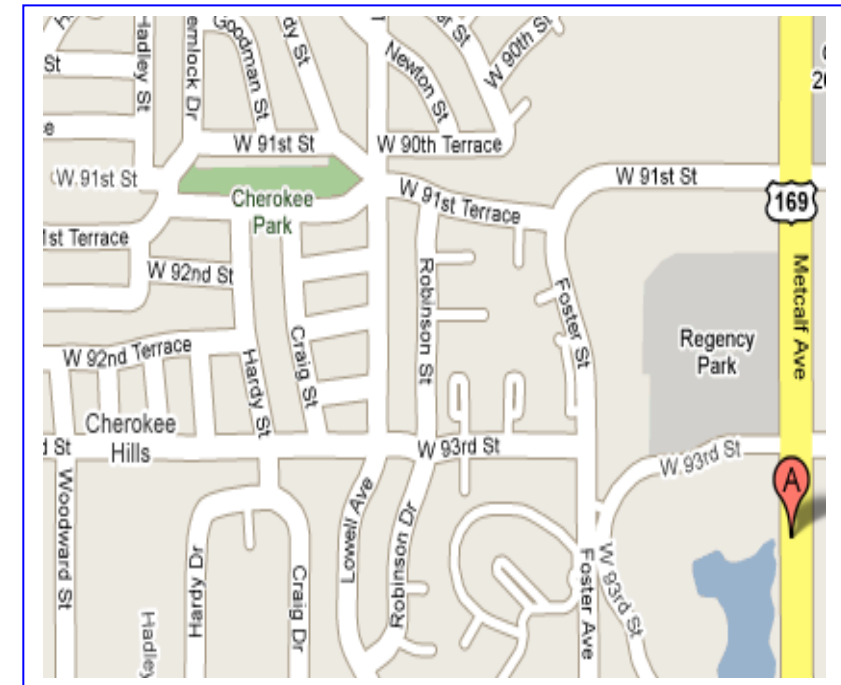
1. Glenwood Place Office Park and Lake
2. New Theater Dinner Theater
3. Regency Park Shopping Center

95th & Metcalf

Overland Park, Kansas

Length of this Health Walk 1.4 miles
Estimated time to complete: 30-40 minutes
Walk difficulty:... Level 3

(Walking Difficulty Range: “1” = smooth, simple to “5” = hilly, irregular, poor/no sidewalks, complex, etc.)



GETTING TO THE **95th & Metcalf** Health Walk

WALK START: Begin this Health Walk from the two, glass-mirrored office buildings (9300 and 9350). Park in the nearly parking area closest to the buildings on your left (9300). They are part of the Glenwood Place Office Park complex.

BY CAR:

Drive on Metcalf Ave. to 93rd St. from Metcalf and turn west, proceed one-half block left to the twin, glass-mirrored office buildings (9300 and 9350).

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

Your 95th & Metcalf Health Walk

Originally platted in 1854 as Glenn, the City of Overland Park can trace its roots back to 1905 with the arrival of its founder William B. Strang Jr., who platted subdivisions along a military roadway. Strang envisioned a "park-like" community that was self-sustaining and well planned. He also sought strong commerce, quality education, vibrant neighborhoods, convenient transportation and accommodating recreational facilities. Strang platted several subdivisions and named one "Overland Park". Metcalf is named for an Oklahoman banker who bought land for investment purposes and to farm when he retired. The City of Overland Park has created a vision plan document for the Metcalf Corridor. Long identified as one of the 'Main Streets' of Overland Park, Metcalf Avenue runs nearly the entire length of the city and extends northward to Interstate 635 and southward as a major arterial into the unincorporated portions of Johnson County. A large public park located near the intersection of Metcalf Avenue and 95th Street is being planned as the center piece of the entire Corridor's green space, becoming the largest park space along the redesigned Metcalf corridor. The location and topography will allow for beautiful views across Metcalf Avenue to the existing lake on the corner of 95th Street. Water features are planned for both sides of Metcalf Avenue.

To begin this Health Walk, turn west on 93rd St. from Metcalf, and proceed one-half block left to the two, glass-mirrored office buildings (9300 and 9350). Park in the nearly parking area closest to the buildings on your left (9300). They are part of the Glenwood Place Office Park. **Pass between the open area between the buildings and proceed around the lake area walking in counter-clockwise around the perimeter of the water.** At its farthest point, your will be quite near the intersection of 95th and Metcalf. Note the spire and water and the prism-like artwork in the center of the lake. Once you complete your walk around the water, **proceed back between the two buildings and follow the main driveway north until you return back to 93rd St. Turn left on 93rd St. veering left until you approach the Stop sign. Turn right and walk to Foster St. Turn right on Foster St. and proceed north to 91st. Terrace St.** On your right, you will be passing the entrance to New Theater Dinner Theater. The history of this theater dates back over twenty-five years ago with co-owners, Dennis Hennessy and Richard Carrothers and their two previous dinner theater ventures (Tiffany's Attic and the Waldo Astoria) in Kansas City, Missouri. Both were housed in make-shift facilities. There would be 121 productions at Tiffany's Attic during its 18-year history. The Waldo Astoria, at 75th and Washington would be the site of 98 shows. The New Theater grew from these early ventures and with a loyal following of their audiences.

They identified this new site in Overland Park near the city's busiest intersection where they would design and build a "real" theater, not a makeshift one. After two years of planning and construction, they opened The New Theatre Restaurant, with over 600-seats, a revolving stage, orchestra pit, computer-controlled light and sound systems, and spacious rehearsal and production facilities. Dining room and kitchen are state of the art. The theater sold 10,000 subscriptions before the first show in August, 1992. After their sojourn in the wilderness, Hennessy and Carrothers, respectively president and vice-president of The New Theatre Company, were back doing what they knew best, and the audiences are loving it.

Veer right over toward 91st. Terrace St, turn right on 91stSt. and walk over to Metcalf. Turn right on Metcalf and proceed back to 93rd St. You will be passing by the shops and restaurants located on your right that make up the Regency Park Shopping Center. **Turn right on 93rd St and proceed back to the twin tower office buildings and to your Walk Start.**