

**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](http://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. Harry Wiggins Trolley Track Trail
2. Country Club Congregational Church
3. Sixth Church of Christian Science
4. Southwest School
5. Brookside Commercial District
6. John Wornall Home
7. Border Star School

# Brookside Health Walk

## Kansas City, Kansas



GETTING TO THE  
**Brookside Health  
Walk**

WALK START: St. Andrew's Church Youth Center ( one half block south of Meyer Blvd on Brookside Rd)

Length of this Health Walk 1.2 miles  
Estimated time to complete: 30 minutes  
Walk difficulty:... Level 2

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

**BY BUS:**

WB 11<sup>th</sup> and Main take the 58Max/Plaza-Waldo. Exit Wornall @ 65<sup>th</sup>, proceed W. to Brookside Rd.

**BY CAR:**

Drive one one-half block south of Meyer Blvd. on Brookside Rd. and park in the angled parking spaces in the lot behind the St. Andrew's Church Youth Center,

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

## Your Brookside Health Walk

The Brookside Neighborhood was planned and built in the 1920's by. The J. C. Nichols Company as one of the city's first mixed use communities designed for persons with automobiles. It was also served by the area's north/south trolley line, which ran through the area and connected The Country Club Plaza and to the Waldo area and beyond to the south. It also allowed for nearby residents to access a wide range of neighborhood shops and services, restaurants in an attractive commercial setting. Brookside is located south of the Country Club Plaza, which was also developed by the J. C. Nichols Company as the city's first mixed use community planned and designed for persons with automobiles. Both districts were developed using planning principles that Mr. Nichols observed while visiting communities in Europe that focused upon a commercial district surrounded by residential areas within easy walking access to the commercial districts and needed services.

The residential neighborhood begins at 51st and Wornall Road. The retail area is further South and is bounded by Wornall Road on the West, Meyer Boulevard to the South, 61st Terrace to the North, and Main Street to the East. The Brookside commercial district has over 70 proprietors and offices. The district has elegantly preserved the original architecture and kept its unique neighborhood appeal.

To begin your Health Walk **proceed south on Brookside St. to 65<sup>th</sup> Terrace.** You will be passing the Country Club Congregational Church located on your left at 65<sup>th</sup>. St. **Turn right on 66<sup>th</sup> Terrace and proceed 100 feet to the sidewalk path of the Harry Wiggins Trolley Track Trail and turn right** following the trail **to the north to 58<sup>th</sup> St.**. The Sixth Church of Christian Science will be on your left at Wornall and 66<sup>th</sup> Terrace and Southwest School is located on the next block north of the church. The Trolley Trail will take through the heart of the Brookside commercial district.

**Turn left on 58<sup>th</sup> St and cross over to the other side of Brookside Blvd. Turn left on Brookside Blvd. and proceed south to Huntington St. Turn right on Huntington and proceed three blocks to Wornall. Turn left on Wornall and proceed 63<sup>rd</sup> St.** You will be passing the historic John Wornall home at 62<sup>nd</sup> and Wornall. In 1858 Kentuckian John B. Wornall built this elegant home in the Greek Revival style. Accurately restored to the period, its interior spaces and authentic furnishings demonstrate why the house was called "the most pretentious house in the section." Now engulfed by Kansas City's Brookside neighborhood, Today guided tours take visitors through the house, where they experience the daily life of a prosperous, pre-Civil War family. The John Wornall House originally sat on the Missouri frontier, the center of a 500-acre farm. **Turn left on 63<sup>rd</sup> St.** You will be passing Border Star School located between three commercial streets (63<sup>rd</sup>, Meyer, and Brookside Blvd. Walk through the Brookside shopping area to Main St. Turn right on Main St. and proceed one block to Meyer Blvd. Turn right on Meyer Blvd. and proceed past Brookside Plaza to Brookside Rd. Turn left on Brookside Rd and return to your Walk Start.