

**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:

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

Think safety!

POINTS OF INTEREST:

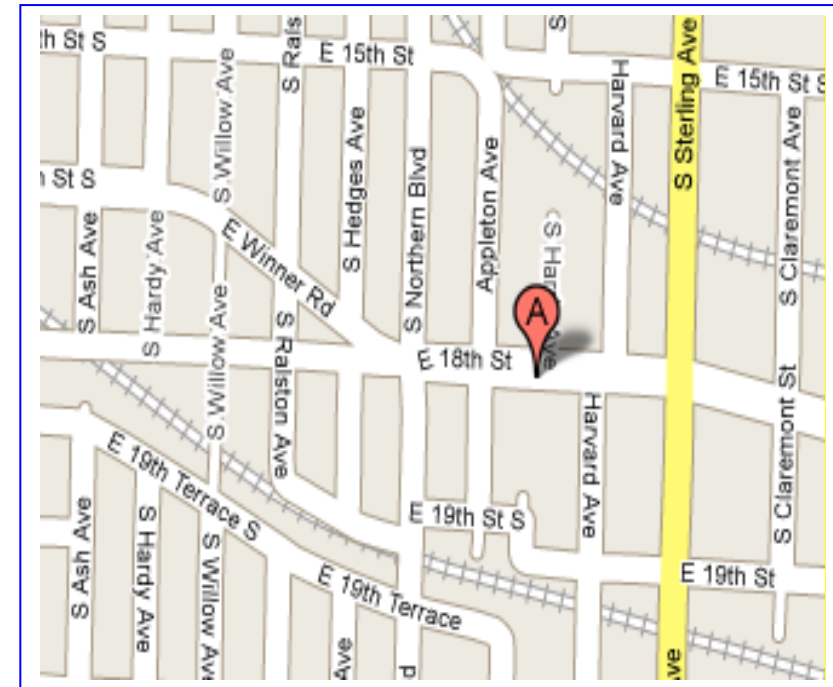
1. Englewood Plaza Shops
2. Englewood Theater
3. Comprehensive Mental Health Services
4. Northern Boulevard United Methodist Church
5. Englewood Assembly of God Ministries Church and School
6. Maywood Baptist Church
7. U. S. Post Office. – Englewood Station
8. Englewood Community of Christ Church
9. Puppetry Arts Institute

Englewood Plaza

Independence, Missouri

Length of this Health Walk 1.2 miles
Estimated time to complete: 25 minutes
Walk difficulty:... Level 2

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



GETTING TO THE
Englewood Plaza
Health Walk

WALK START: Old Englewood Theater (10917 Winner Road)

BY CAR:

BY BUS: NB Grand and 10th take 24/Independence. Exit Winner Rd at Harvard and go E to 10917.

Your Englewood Plaza Health Walk

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

Englewood Plaza, which located in a quiet middle-class neighborhood in western Independence, is a group of utilitarian buildings housing ordinary stores. It also enjoys the distinction of being one of the earliest suburban shopping "centers" in the area. Originally a trolley stop in a sparsely developed residential area, Englewood owes its beginnings to the visionary schemes of Kansas City real estate agent and developer, Willard Winner. During the real estate boom of the 1880's, Winner sought to capitalize on the development in the Blue River Valley in the area between Kansas City and Independence. At the time, Kansas City's city limits extended only as far east as Cleveland Avenue. Independence's western boundary was only a mile or so from the city square. The stretch of seven or eight miles between the two cities consisted of a sparsely settled farm district with a small population of around two hundred people. Nevertheless, the following year Winner formed the Kansas City Independence and Park Railway Company to build a rail line connecting Independence with the eastern terminus of Kansas City's Metropolitan Street Railway cable line at Fifteenth Street.

The line ran along a 100-foot-wide boulevard that passed through rich farming land.. In 1896 the electric cars provided service every fifteen minutes to Kansas City. The resulting stimulus to residential development along the line spawned small neighborhood business centers, among them the commercial areas which became known as Maywood and Englewood. In 1948, the City of Independence annexed the Englewood area, doubling Independence's population. The post-WWII building boom and suburban expansion benefited Englewood; the trend to decentralize away from the Independence Square brought diversity to the business district.

For your Walk Start, park in the central parking area across from the old Englewood Theater, located at 10917 Winner. Rd. Proceed past the Comprehensive Mental Health Services and Medical Building and proceed west on Winner, past Northern Blvd. Comprehensive Mental Health Services (CMHS) serves as the primary mental health safety net provider for residents of Independence and Eastern Jackson County.

As you cross the Northern Ave. Intersection, veer right along Winner for ___ blocks until you reach S. Ash. You will be passing the Northern Boulevard United Methodist Church on your left and the Englewood Assembly of God Ministries Church and School on your right. Up another block you will see the Maywood Baptist Church on your left. Turn right on S. Ash and make another immediate right onto E. 16th St. Turn left on S. Hardy and walk one block to E. 15th St. Turn right onto 15th St and proceed back to Northern Blvd. As you turn right onto Northern Blvd. you will be passing on your right the Englewood Station of the U. S. Post Office. You will also be passing the Englewood Community of Christ Church on your right before you return back to Winner Rd. Turn left back onto Winner Rd. and walk through this commercial area, taking note on your right of the old Five and Dime Ben Franklin sign from when it was major retail stop for visitors to Englewood. This retail store started out as the Englewood 5 and Dime Store. Also located on your right is the Puppetry Arts Institute, which includes the Hazelle Rollins Puppet Museum. a puppet research library, puppetry performance and workshop areas and offices. As you cross over from Sterling, you leave the commercial area of Englewood and head into the residential areas which border Winner Rd. The City of Independence has been divided into numbered, neighborhood council districts, so as you cross Sterling, you leave the Bristol Neighborhood District (#5) and into the Proctor Neighborhood District (# 10), as is noted by the signs on both sides of Sterling. Walk along this portion of Winner Rd. (which continues its meandering trail path from Kansas City, Missouri to the Independence Square. Walk to at least Vermont St. then head back on Winner Rd. back across Sterling and to your Walk Start.