

**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:

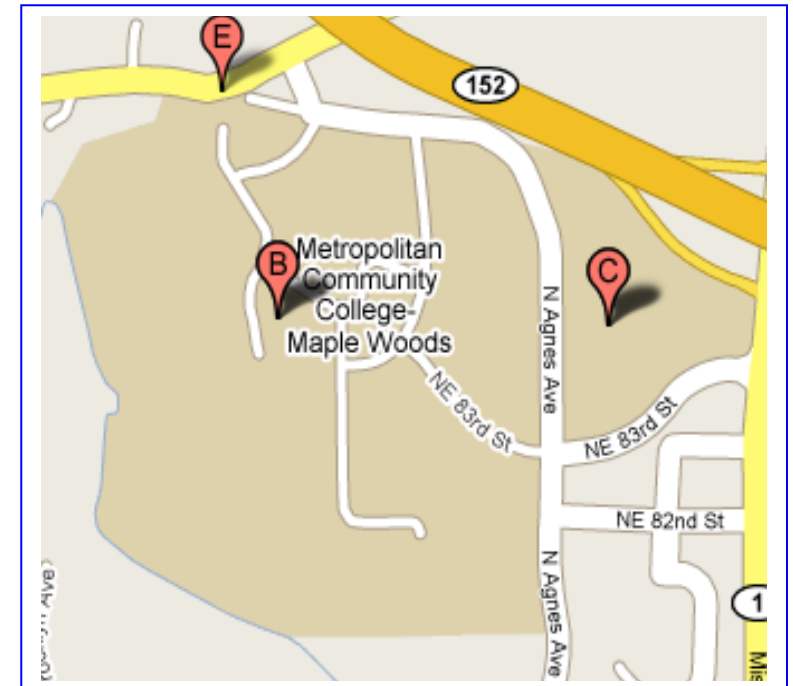
1. Maple Wood Community College Campus
2. Maple View State School
3. Northland Human Services Building
4. YMCA Child Care and Head Start programs
5. Maple Woods Fitness Center
6. Tri-County Mental Health Services

Maple Woods Community College

Kansas City, Missouri

Length of this Health Walk 1.4 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.)



GETTING TO THE
**Maple Woods Community College
Health Walk**

WALK START: This Health Walk starts from the Administration Building of the Campus.

BY BUS: **Walk** to Walnut at 10th NorthBound. Head east on E 10th St toward Walnut St. Depart On Walnut at 10th NorthBound. **Bus** - 142 - North Oak - Direction: 142 - North Oak/Boardwalk Square. Arrive On 85th Terr at N Oak Westbound. Depart On 85th Terr at N Oak Eastbound. **Bus** - 137 - Metro North/Antioch Connector - Direction: 137 - Metro North-Antioch/Antioch Center. Arrive On 152 Hwy at 2601 Maple Woods Westbound.

BY CAR: Enter the campus grounds from Barry Rd. and just west of N. Oak. Drive to the right side of the campus grounds near the Administration Building.

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

**Your Maple Woods Community
College Health Walk**

The roots of the Metropolitan Community Colleges go back to 1915, when the Kansas City Polytechnic Institute was founded at 11th and Locust Street. In 1919, the institution became the Junior College of Kansas City and was the first two-year college in the United States to award the associate's degree. The Junior College system continued to expand until 1964, when voters in suburban school districts - Belton, Center, Grandview, Hickman Mills, Lee's Summit, North Kansas City and Raytown - joined with the Kansas City School District to create the Metropolitan Community Colleges District. Five years later, three colleges - Longview, Maple Woods, and Penn Valley - opened their doors. In the 80s and 90s, Blue Springs, Fort Osage, Independence and Park Hill School District voted to join MCC. A campus was established at Blue Springs in 1984 and in 1995, the main campus at Independence was built. In 1997, these two campuses became Blue River Community College. Maple Woods in the Northland gets its name from a nearby stand of sugar maple trees. Maple Woods Community College is home to a strong academic program, as well as

cutting edge geographic information systems program, a sign language interpreting program and an exceptional veterinary technology program.

Enter the campus grounds from Barry Rd. and just west of N. Oak. Drive to the right side of the campus grounds near the Administration Building. **Walk to the right of this building and following the outside perimeter of the campus buildings. As you pass the Administration Building, you will see to your right both the campus' Physical Facilities Building as well as the Maple View State School** located on the campus grounds; this K-12 state school serves area children with severely disabling conditions. Continue walking toward the Humanities Building the Learning Resources facilities. In the far distance you will see the Veterinary Technology Building.

From this point, **follow the roadway to the right that will take you over to the campus' Northland Human Services Building which will be the first building on your left along this road.** The Northland Human Services Building houses the Maple Woods Fitness Center, the YMCA Child Care program and a Head Start program. YMCA cares for and educates children two years to pre-Kindergarten. Over seventeen social service agencies are also located in the NHS building including. They include Synergy Services, Tri-County Mental Health, United Way and an Unemployment Office. Conference rooms are also available for public use. Reservations are required.

The Maple Woods Fitness Center is situated among the scenic wooded area of Kansas City's Northland and has windows on three sides that provide a beautiful view of the outdoors throughout the seasons. The center provides a full range of fitness equipment and group exercise classes as well as professional, degreed instructors that can assess your fitness levels and set up a tailored fitness program. The cardio area includes state of the art Treadmills, Stair Climbers, Rowing Machines, Elliptical Trainers, and Stationary Bikes. Walk around to the rear of the building, to view the offices of Tri-County Mental Health Services. At least half of the nearly 9,000 people served annually by Tri-County have a serious mental illness, which includes schizophrenia, manic-depressive disorder, and major depression. Its commitment is to help each individual lead as independent and successful a life as possible.

Once behind the rear of this building, follow the roadway to the right and walk back over to the main campus set of buildings. This roadway then veers to the left and runs parallel to Barry Rd. Turn left back onto the main entrance to the campus, crossing over this time to the left side of the campus and to the Student Center Building. Walk along the inside perimeter of the Student Center toward the Math-Science Building and to the Computing – Business Building. From there **walk back over toward the Administration Building** and to your Walk Start.