

**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:**

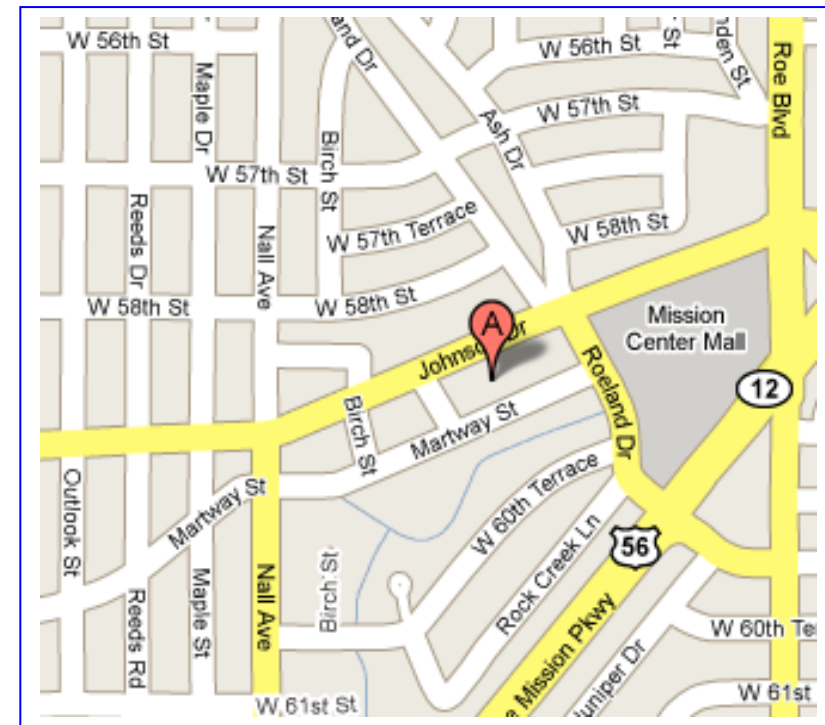
1. Mission Bank Building
2. Mission Mart Shops
3. Offices of ScriptPro
4. Sylvester Powell Jr. Community Center
5. City of Mission Municipal Offices
6. Victor X. Anderson Memorial Park
7. Municipal Pool

# Mission

## Mission, Kansas

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

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



## GETTING TO THE **Mission** Health Walk

**WALK START:** Start your Health Walk by parking in the parking lot located in front of the four-story Mission Bank office building (5201 Johnson Dr.).

**BY BUS:** Depart At 47th and State Ave Transit Center Northbound. **Bus** - 101 - Minnesota/State Ave - Direction: 101 - Minnesota/State to Village West. Arrive At 47th and State Ave Transit Center Northbound. Depart At 47th and State Ave Transit Center Northbound. **Bus** - 260 - JoCo/WyCo Connector - Direction: 260 - JoCo/WyCo Connector/6000 Lamar. Arrive Courtesy Stop on Johnson DR at Lamar Eastbound. **Walk** to 5201 Johnson Dr. (Head east on Johnson Dr toward Lamar Ave)

**BY CAR:** Start your Health Walk by parking in the parking lot located in front of the four-story Mission Bank office building (5201 Johnson Dr.).

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

## Your Mission Health Walk

Once a stopping point for covered wagons on the way west via the Santa Fe Trail, the area's clear blue water in free-flowing springs, offered pioneer ancestors a great location to set up campsites as they headed West,. The springs, likewise, enticed the first residents of Mission, since the precious water was free. Mission grew as America grew, becoming a first suburb as Kansas City emerged as a sophisticated cosmopolitan neighbor on the east

Originally called Mission Hill Acres, this suburb was sub-divided into 245 lots and offered by the Breyfogel family for sale. By 1928, it had five businesses; a drug store, restaurant, hardware and dry goods store, a barber shop, and a cleaning and pressing establishment. By 1930, it had the first Mission grocery store, and in 1940 a post office. People come to Mission from all directions, to work and shop, see their doctors, dentists, lawyers and other

professionals, and enjoy "big city services" in a friendly, small-town atmosphere. Mission has a population of slightly under 10,000, within its 2.75 mile area, of which about 95% is developed. Its daytime population of the City, however, is approximately 50,000. The population increases as a result of the large number of people who come here to work, conduct business, and to shop. Local businesses include car dealerships, health care facilities, laboratories, the Shawnee Mission Main Post Office, Johnson County Offices, State of Kansas Drivers License Bureau, a number of restaurants and many fast food establishments, and grocery chains.

Start your Health Walk by parking in the parking lot located in front of the four-story Mission Bank office building (5201 Johnson Dr.). **Facing Mission Rd, turn left onto Mission Rd. and proceed to Reeds Rd.** walking past the Mission Mart Shops located on your left. **Turn right on Reeds Rd.** You will be walking past the ScriptPro Technical Center on your right. This is part of their complex of buildings that cover a two block area. ScriptPro develops, provides and supports state-of-the-art, robotics-based management and workflow systems for pharmacies. It has been building and developing pharmacy software and technology to advance the pharmacy industry since 1994 and is recognized as an industry and world leader in pharmacy automation. This Mission-based company is dedicated to helping pharmacies to operate efficiently, safely, and profitably so they can make the maximum contribution to the health care system.

**Turn left on 58<sup>th</sup> St. and then left again on Outlook Rd. for one block. This will take you back to Johnson Dr. Turn right back onto Johnson Dr. and proceed to Lamar Ave. then turn left. Proceed to Martway and turn left again.** You will be passing by the Sylvester Powell Jr. Community Center on your left. This 80,000 square foot Community Center family recreational facility that serves the health and fitness needs of patrons offering increased vitality of fitness to the refreshment and new skills in classes and programs. It has a weight room, cardio room, Aquatics, indoor track, gymnasium, conference and meeting facilities, offering fitness classes, programs, and special events.

**Turn right on Woodson.** This will put you alongside the City of Mission municipal offices, which includes the Police Department and City Hall. **Turn right on** where you will pass additional city facilities on your right, including the other side of City Hall, the Victor X. Anderson Memorial Park, the city's tennis courts and its outdoor municipal swimming pool. The 500,000 gallon seasonal pool facility also has separate wading, diving and lap lane pools. Proceed **two block which will put you back to Johnson Dr. Turn right back onto Johnson Dr. and walk approximately four blocks back to the Mission Bank parking area and your Walk Start.**