

**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. Sni Valley Fire Protection District
2. Oak Grove Post Office
3. Oak Gove Community of Christ Church
4. Webb Park
5. Shepherd Valley Lutheran Church
6. Oak Grove Elementary School
7. Oak Grove Middle School

Oak Grove

Kansas City, Missouri

Length of this Health Walk 1.4 miles
Estimated time to complete: 35 minutes
Walk difficulty:... Level 2

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



GETTING TO THE
Oak Grove
Health Walk

WALK START: Apple Grocery Store just past 15th St

BY CAR: Take I-70 East to the Oak Grove Exit and turn right. Drive about one mile on Broadway to just past 15th St.

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

Your Oak Grove Health Walk

Oak Grove is ideally located 28 miles east of Kansas City on I-70, retaining a small town atmosphere in a rural setting, yet convenient to the larger metropolitan interests. The city was incorporated in 1878 and has a rich local history that is evident in the architecture of the downtown areas. The former settlement of Licksillet was incorporated in 1881 as Oak Grove. Back then, it consisted of approximately 40 acres with a population of 280. Today, the Oak Grove City limits have expanded to include over 3200 acres (5 square miles) of land and encompass parts of Lafayette County as well as Jackson County. The 2000 Census lists a city population of 5,535. The first post office was opened on July 25, 1840 bearing the name of Oak Grove. The town was laid out by William E. Frick. At the time of incorporation there were 11 stores, a school, church, livery stable, mill, post office and hotel. In the early 1900's, Oak Grove held horse shows that drew nearly 10,000 people and 250 entries in 40 categories. The C&A Railroad arrived in the 1870's; the depot was not torn down until the 1960's. It prides itself on being family friendly! Besides the award-winning schools, the area is rife with lakes, outdoor parks, public library and year-round youth athletic and non-athletic activities. Adding to the quality of life combination is more than 10 churches of various denominations and a crime rate significantly lower than similar-sized communities in

Missouri. Oak Grove is the postcard of rural small-town America located a short drive from the bustling metropolitan lifestyle of Kansas City. With more than 125 years of history, Oak Grove boasts academically excellent schools, top-notch parks and recreation facilities and active church, social and civic groups which play host to a number of special events all year. Oak Grove is ideally located with Kansas City on one side and beautiful rural Missouri on the other. The community straddles Jackson and Lafayette counties

Begin your Health Walk by walking across Broadway to the other side of the street to the front of the Sni-Valley Fire Protection District station. The Sni Valley Fire Protection District provides advanced life support services and fire protection for the municipalities of Oak Grove, Bates City and the unincorporated areas of eastern Jackson and western Lafayette Counties, Missouri. This area is 78 square miles in size and is home to a population greater than 15,000 residents. **Proceed down Broadway walking to the right of the station.** The Oak Grove Post Office is located across the street just up ahead. The Oak Grove Community of Christ Church will be on your left. **Turn left on SE 19th St. to Webb.** You will be passing the Oak Grove Public Safety Center on your right. **Turn left on Harding and then back right to continue walking on SE 19th St. Walk four blocks over to Webb Park and then begin your walk left through the park roadway.** Webb Park has 47 acres of land located on the east end of town. There is a lighted pitching machine field, lighted ball diamonds, concessions building, t-ball field, lighted tennis courts, basketball court, sand volleyball courts, pavilions with picnic tables, restrooms, with large playground equipment and adjacent parking area. Many events are held at Webb Park throughout the year. You will be passing the parks' Sports Complex on your right. **Continue walking to SE 12th St. then turn left.** Stay on the left side of the street.

You will be passing the Shepherd Valley Lutheran Church on the right. On your left you will be walking along the grounds of both the Oak Grove Elementary School and the Middle School. The elementary school is also referred to as the Paul Maple Elementary School, in honor of a previous principal who died while serving in that capacity. Both schools back up to Webb Park, which allows students to take advantage of what Webb Park has to offer as far as recreational facilities and green space. **After returning back to Broadway (Route F) turn left to return to the Apple Market Store and your Walk Start.** Take note of some of the original buildings and their materials that still make up the main street of this family friendly community with its down home atmosphere.