

**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:

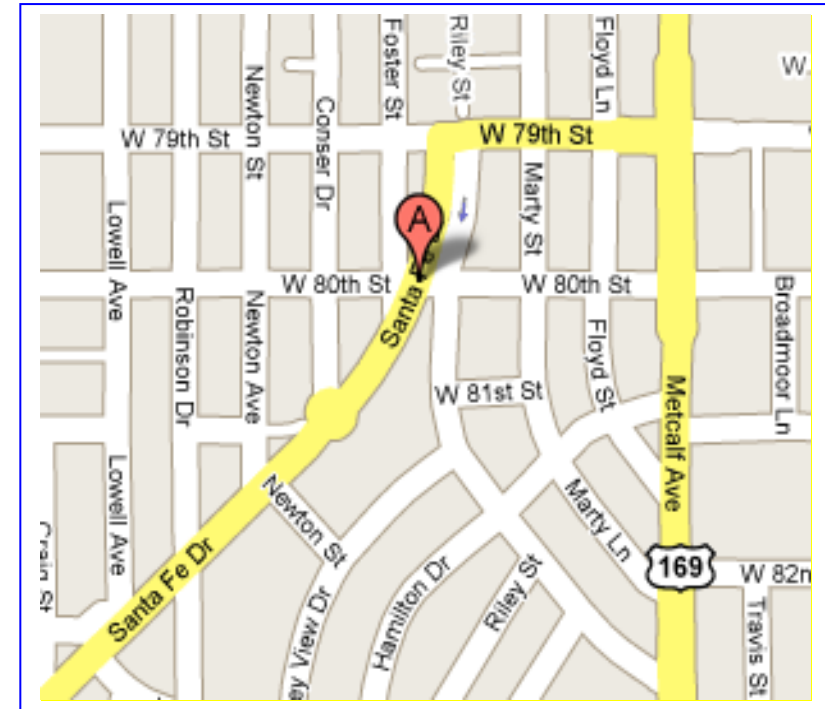
1. Overland Park Convention Center
2. Sheraton Hotel
3. Overland Park, Kansas marker
4. “Converge” Sculpture
5. Mid-America Rehabilitation Hospital
6. Children’s Mercy Hospital South

Overland Park Convention Ctr

Overland Park, Kansas

Length of this Health Walk 1.3 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 Overland Park Convention Ctr Health Walk

WALK START: Park in the parking lot located north of the Overland Park Convention Center, located on your right on 110th St. between Nall and Lamar St.

BY BUS: Depart Transit Center Northbound Stop. **Bus** - 51 - Ward Parkway - Direction: 51 - Ward Parkway/88th & State Line. Arrive On State Line at 88th Northbound. Depart On State Line at 88th ST Southbound. **Bus** - 175 - 75th Street - Direction: 175 - 75th Street/125th Terr & Metcalf. Arrive Courtesy on Metcalf at 110th SB. **Walk** to 6000 College Boulevard. (Head east on W 110th St toward Metcalf Ave. Turn left to stay on W 110th St. At the traffic circle, take the 1st exit onto Lamar Ave. Turn left at W 111th St/College Blvd.)

BY CAR: From I-435 west of State Line Rd, take the Nall Avenue South Exit and proceed West on College Boulevard. Turn right on 110th St. and proceed to the parking lot of the Convention Center

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

Your Overland Park Health Walk

Begin your Health Walk by parking in the parking lot located north of the Overland Park Convention Center, located on your right on 110th St. between Nall and Lamar Sts. **Walk up to the sidewalk at 110th St. and turn right, proceeding past the Convention Center facilities.**

The Overland Park Convention Center offers users 60,000 sq. ft. Exhibit Space, a 25,000 sq. ft. Ballroom and 15,000 sq. ft. of Meeting Space. The Center features state-of-the-art technology with high-speed wireless Internet access and outlets for audio-visual connections and multimedia presentations in the meeting rooms and exhibition hall. A 25,000 sq. ft. outdoor courtyard beautifully complements the Center, while providing a natural venue for a variety of business, association and social activities. Inside, the Convention Center offers the ambience of a traditional setting. It is beautifully carpeted and features an extraordinary

collection of art from more than 50 renowned local and regional artists, including paintings, sculptures and an incredible blown-glass chandelier. The Center offers In-House Food and Beverage services, including a Kosher prep area. The **Leopold Gallery** has commissioned and acquired various works for the Overland Park Convention Center. The **collection** was assembled to complement the structure, and enhance the drama. Guidance in the selection of artists and art for the convention center's permanent art collection was also provided by the City of Overland Park Arts Commission. The Center provides a total of 1,400 free parking spaces, including 400 covered spaces. The facility also offers an Eight Bay Loading Dock area and Elephant Doors. It is directly connected to the 412-room Sheraton Hotel with 25,000 sq. ft. of additional meeting space (1,000 Hotel Rooms within Walking Distance).

Continue walking to your right past the Convention Center and then past the Sheraton Hotel **to the roundabout located at 110th and Lamar. Walk around the roundabout in a counter-clockwise manner, turning left on 110th St.,** noting its use as an Overland Park, Kansas marker. **Walk over to College Blvd. and turn left, and remaining on the left side of College Blvd.** You will see the entrance to the high rise Sheraton Hotel located adjacent to the College Blvd. main entrance to the Convention Center. Note the Stephen Richardson artwork entitled "Converge" centered between the hotel and convention center entrances.

Proceed along College Blvd to Nall. Turn left on Nall and walk back over to 110th St. Turn left on 110th St and proceed back to your Walk Start at the Convention Center parking lot. You will be passing by the Mid-America Rehabilitation Hospital on your left on 110th St. and Children's Mercy Hospital South on your right.

The MidAmerican Rehabilitation Hospital is an 80-bed acute medical rehabilitation hospital that offers comprehensive inpatient and outpatient rehabilitation services for individuals with physical limitations from an illness or injury. Offering the latest rehabilitation technology, this hospital serves patients throughout Missouri and Kansas

Children's Mercy Hospital South brings the nationally recognized care of Children's Mercy closer to families in the south metropolitan area. All of its services are dedicated exclusively to caring for children. This includes an Urgent Care Center, Providing care for patients that require prompt, non-emergency medical treatment (open 24 hours a day, 7 days a week), over 25 specialty clinics are located in the main building or 1/2 a block away at the College Boulevard Campus, its **Surgery center** and **Inpatient Unit**. Its **Imaging Center** offers convenient access to digital skeletal/orthopedic imaging, ultrasound, fluoroscopy, CT, MRI and sedation for imaging procedures. The hospital's Laboratory provides testing services for patients of Children's Mercy and community physicians 24 hours a day, seven days a week.