

**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!

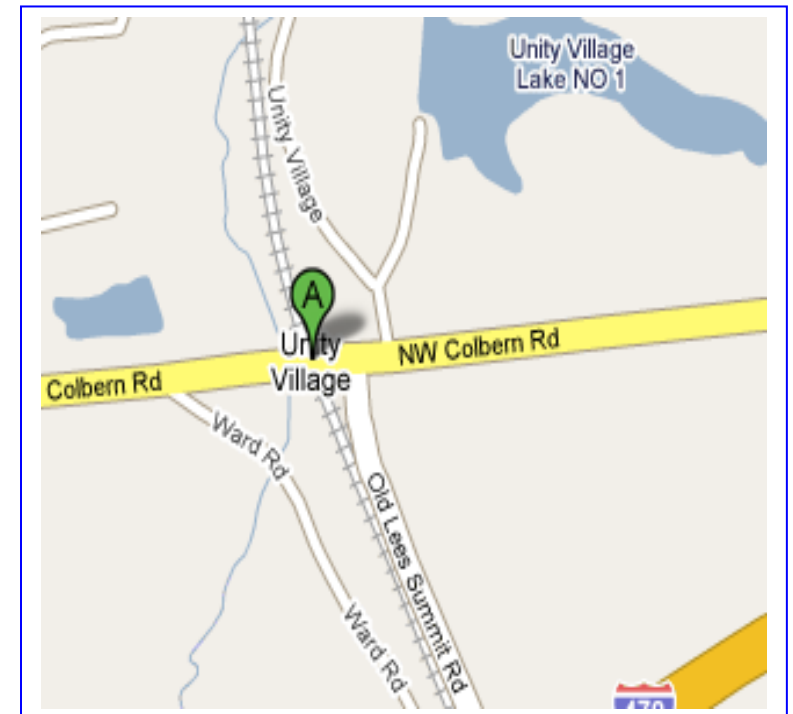
**POINTS OF INTEREST:**

# Unity Village

**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  
**Unity Village**  
Health Walk

**WALK START:** Unity Village Welcome Center

**BY CAR:** Unity Village is located 15 miles southeast of downtown Kansas City, Missouri. It is located off Missouri Hwy 350 off Colbern Rd, near Lee's Summit, Missouri

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

## Your Unity Village Health Walk

In 1919, Unity Founders Charles and Myrtle Fillmore purchased their first fifty-eight acres of rural land near Lee's Summit, Missouri. Over the years, the Village has grown to more than 1,400 acres of serene woodlands and lakes. It is the world headquarters for Unity, a not-for-profit religious educational organization; anyone is welcome to visit the Unity Village. The main campus buildings are designed in Mediterranean style – which includes the bell towers, stucco walls with red tile roofs, arches, breezeways, fountains, peaceful gardens and courtyards. Two of the original headquarters buildings, the Tower and the Education Building, both completed in 1929 are on the National Register of Historic Places. For many decades these grounds operated as a working farm and orchard known as Unity Farm. Unity Village was incorporated as a municipality in 1953 and maintains its own water system, security and ZIP code.

From the Visitor's Center, you may stroll past the Unity Village Chapel and Activities Center. The Activities Center facility was completed in 1975; it seats about 1,100. Inside its lobby you will find portraits of Unity Founders, Charles and Myrtle Fillmore by Frank Szasz and a large globe sculpture titled "A World of Unity" is by Mariah Kirby-Smith. From the entrance of the Center proceed outdoors to the circular Labyrinth located across from the roadway. The Labyrinth is patterned after a medieval labyrinth carved into the floor of the Chartres Cathedral in France. A Labyrinth is a spiritual tradition of meditation that dates back several thousand years.

Return to the Visitor's Center area and proceed to the Lowell Fillmore Garden that includes more than 40 types and trees and shrubs and includes commemorated on a bronze plaque for the poem "The Answer." Next proceed to the Rose Garden, which dates back to 1951 and contains hundreds of plants of approximately 50 varieties. The garden is one of about 140 public gardens nationwide accredited by All-America Rose Selections, inc. (AARS). On your left will be the Unity Village Administrative Building. The wood doors on the Administration Building are among several that were hand-carved by a Unity craftsman, Ivan Lee, from walnut trees on Unity grounds. Walk around the fountains, which are not only pleasing to the eye, but they also once functioned as the air conditioning system. The bridge at the center of the fountains is called the Bridge of Faith. In 1951, it was dedicated to the memory of Charles and Myrtle Fillmore by their sons. If it is a sunny day, look for the rainbows in the fountain sprays. The trees lining the walkways are green and white ash.

From there, proceed to the Silent Unity Building, Cloister and Garden Chapel, which was built in 1989 as part of the Unity Centennial Celebration. Directly below the cupola and behind the balcony stone railing is the Prayer Village Chapel. The bronze sculpture in the cloister is titled "Celebration of Life" and was created by Mimi Sammis.

The Garden Chapel is located just inside the southwest corner of the cloister. In the lobby of the Silent Unity Chapel, there is an original artwork representing world cultures and Unity teachings. This was painted by Joel Chrisman. Proceed to the Unity Tower. This 165-foot tower was completed in 1929 and is nearly as tall as a 14-story building. Near the top there is a 100,000-gallon water tank that supplies water for Unity Village. The Education Building, Fillmore Chapel and Peace Chapel, Library and Archives are adjacent to the Tower. From there, proceed to the Unity Inn, a cafeteria-style restaurant. The Myrtle Fillmore Grove of catalpa trees is located just northeast of the Unity Inn. From there proceed back to your Walk Start at the Visitor's Center.