

**Walk Around Aurora  
Wellness Works  
(Directions to complete a one-mile walk around)**

**AHC Slinger:**

**Option 1:**

- From front door of clinic, take three laps around the entire parking lot.
- Congratulations, you have walked 1 mile!

**Option 2:**

- From front door of clinic, head to Enterprise Drive and go south.
- Walk down and around the cul de sac.
- Return to the clinic through north parking entrance and complete one lap around the entire parking lot.
- Congratulations, you have walked 1 mile!

**AHC Mayville:**

**Option 1:**

- From front door of clinic, head towards town on Hwy 28.
- When you reach the “City of Mayville” sign, you have gone .5 miles.
- Return to clinic using the same route.
- Congratulations, you have walked 1 mile!

**Option 2:**

- From front door of clinic, head towards town on Hwy 28.
- Continue to Piggly Wiggly.
- Return to clinic using the same route.
- Congratulations, you have walked 1.1 miles!

**AHC Hartford:**

- From the Lower Level main entrance, head west on State Road 60.
- Continue to the end of Walgreen’s parking lot.
- Return to clinic using the same route.
- Congratulations, you have walked 1 mile!

**AHC Hustisford:**

- From front door of clinic, head north to Griffith Street.
- Go east to Mill Street.
- Go south to Rubicon Street.
- Go west to County Rd R/Lake Street.
- Go north to Griffith Street.
- Go east to Ann Street.
- Go south to Rubicon Street.
- Go east to Wales Street.
- Return to Clinic.
- Congratulations, you have walked 1 mile!

## **AHC Cedarburg:**

### **Option 1 (as mapped):**

- From front door of clinic, cross State Road 60 and go west to approximately 200' before green information sign for Horn's Corner Road.
- Return to Clinic using same route.
- Congratulations, you have walked 1 mile!

### **Option 2:**

- From front door of clinic, head west and walk outside parking lot of Grafton State Bank.
- Continue walking around Bank and circle the mall that contains Aurora and Subway.
- One circle is equal to .2 miles.
- Complete the circle 5 times.
- Congratulations, you have walked 1 mile!

## **AHC Jackson:**

- From front door of clinic, head west on State Road 60.
- Turn north on Jackson Drive.
- Enter the park through the north parking lot entrance.
- Continue on the paved path between the shelters that circle around the park to the left.
- Come out on the south side of the tennis courts.
- Return to Clinic using same route.
- Congratulations, you have walked 1 mile!

## **AHC West Bend:**

- From the lower level parking entrance, head left on Valley Avenue.
- Follow Valley Avenue to Gorman Way and turn left.
- Follow Gorman Way to Deer Ridge and turn left.
- Return to the clinic using the same route.
- Congratulations, you have walked 1 mile!

## **AHC Cedar Community:**

- From front door of clinic, head right to Home Drive.
- Continue past Cedar Bay onto Village Drive.
- Complete the circle and return to Clinic.
- Congratulations, you have walked 1.1 miles.

## **AHC Port Washington:**

- From front door of clinic, head east on sidewalk to South High Street.
- Return to Clinic using same route.
- Congratulations, you have walked 1 mile!

**AHC Belgium:**

- From front door of clinic, head west and cross County Hwy LL.
- Continue on 1<sup>st</sup> Street.
- When you reach Michael Street go south to Hickory Street.
- Return to Clinic using same route.
- Congratulations, you have walked 1 mile!

**AHC Kewaskum:**

- From front door of clinic, head north on sidewalk to the stoplight at Highway 28.
- Return to Clinic using same route.
- Congratulations, you have walked 1.1 miles!