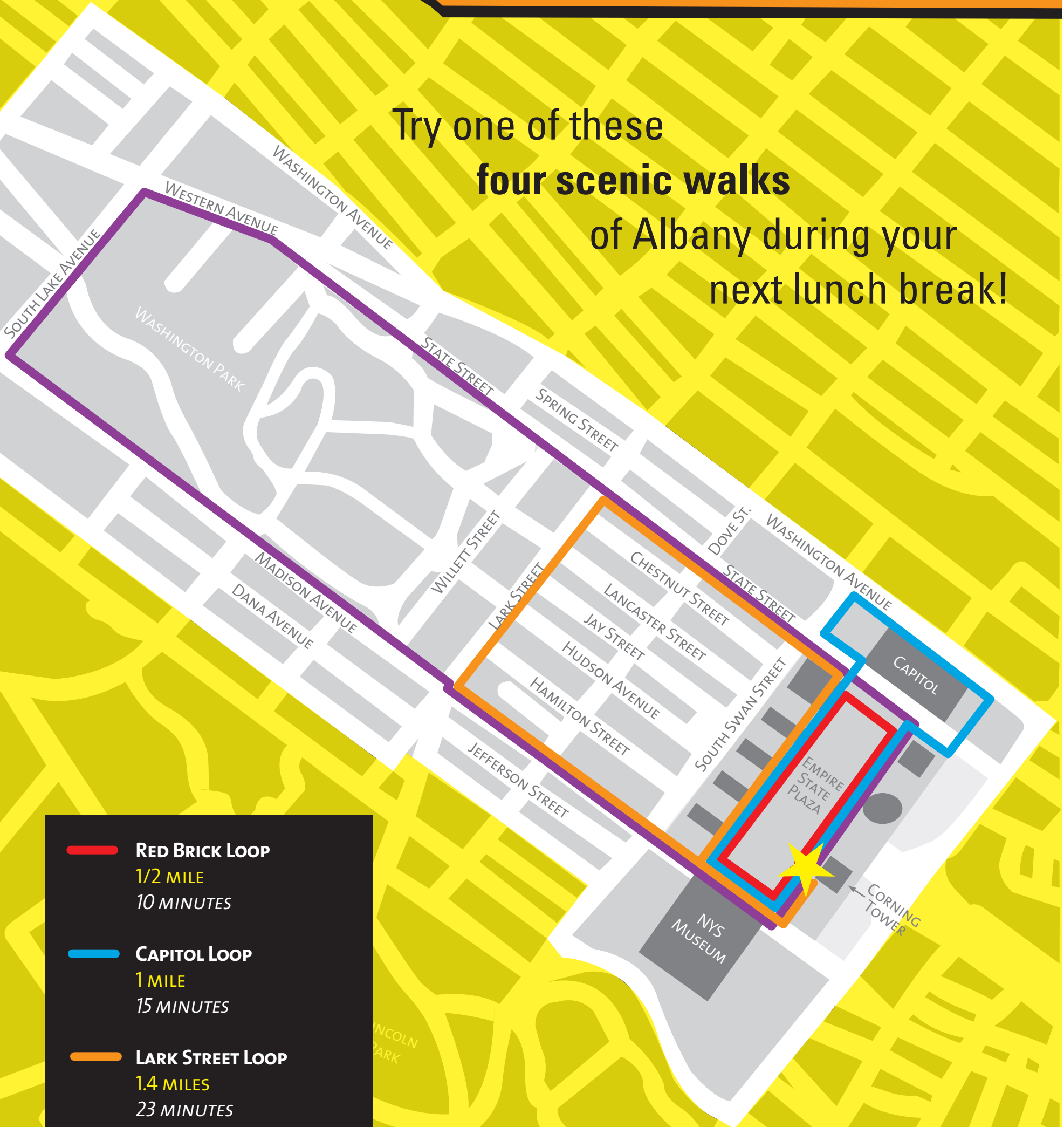


# Walk -a- round!

IN JUNE

Try one of these  
**four scenic walks**  
of Albany during your  
next lunch break!



- RED BRICK LOOP**  
1/2 MILE  
10 MINUTES
- CAPITOL LOOP**  
1 MILE  
15 MINUTES
- LARK STREET LOOP**  
1.4 MILES  
23 MINUTES
- WASHINGTON PARK LOOP**  
2.6 MILES (5,340 STEPS!)  
45 MINUTES

Maps are available in room 2262.  
NYS Dept of Health WellNYS Program