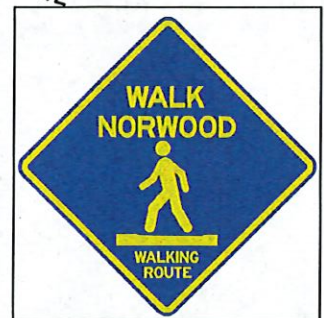
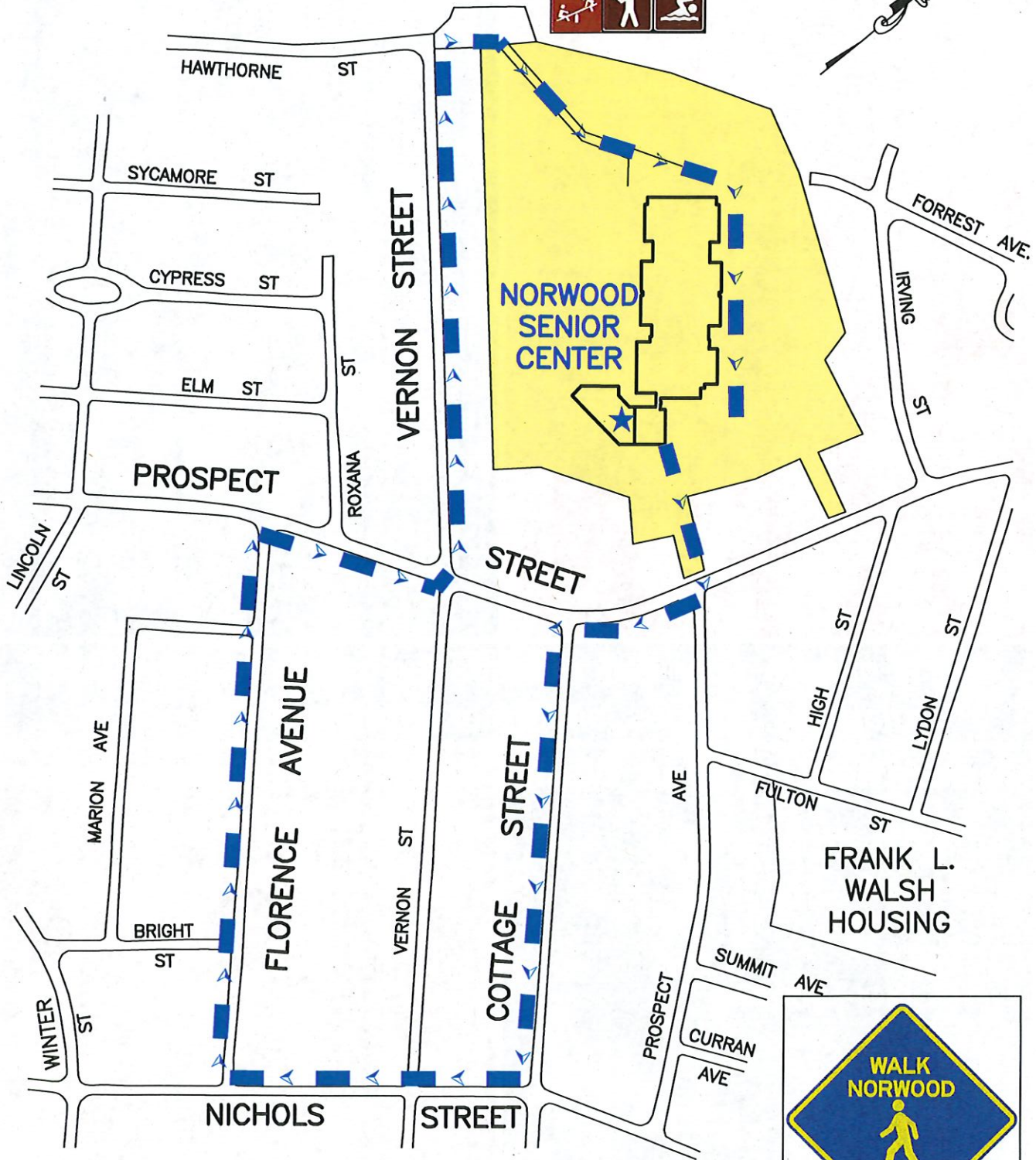


WALK NORWOOD NORWOOD SENIOR CENTER ROUTE

ROUTE DISTANCE
1.2 MILES

Fr McALEER'S



General Walking Tips

Wear closed toe, comfortable shoes that will not slip.

Wear clothes that are light or bright colors so that drivers can easily see you.

Carry with you water, a driver's license or ID, and a cell phone.

Use crosswalks and follow traffic signals when crossing at intersections.

Before stepping in front of a car, Stop - Look - Wave.

Source: Street Smart Walking Safety Tips

Seasonal Walking Tips

Winter: Dress in layers, use shoes that will not slip in snow and ice, and keep your hands free for better balance.

Spring: Check the weather and be prepared for sun, rain, or even snow.

Summer: Drink water before and after your walk. Know the signs of heat sickness (dizziness, heavy sweating, muscle cramps).

Fall: Layer clothing for warm and cold temperatures.

A 30-minute daily walk reduces the risk of heart disease, diabetes, arthritis, and other chronic health issues

Amenities on This Walk

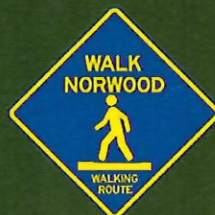
Public Restrooms

- Senior Center

Parking

- Senior Center

Look for these signs on the route:



Want More Information About Senior Walking Routes in Norwood?

For additional walking maps:

Senior Center: (781) 762-1201

Health Dept.: (781) 762-1240

www.norwoodma.gov