The Wellness Trail at Saint Alphonsus
The Wellness Trail is a mile long path around the Saint Alphonsus campus and is available to patients, volunteers, employees, and the community at large.

Five beautiful garden stops are positioned throughout the trail. These gardens provide a space for meditation and relaxation.

The Saint Alphonsus cross is marked on the sidewalk to guide you along the trail.

"All truly great thoughts are conceived while walking."

- Friedrich Nietzsche

"It’s your road and yours alone. Others may walk it with you, but no one can walk it for you."

- Unknown

"When real people fall down in life, they get right back up and keep on walking."

- Michael Patrick King
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Please try out the North Tower Stairwell if weather is adverse or you would like a higher intensity workout.

1. Butterfly Garden
   Donated by Saint Alphonsus Foundation

2. Cottage Garden
   Donated by Gem State Radiology

3. Renaissance Garden
   Donated by Saint Alphonsus Employee Support Team

4. Alpine Garden
   Donated by Saint Alphonsus Employees

5. Waterfall Garden
   Donated by Saint Alphonsus Auxiliary

1 mile
5 gardens

Crosswalks
Please use caution when crossing roadways and use crosswalks when available.
WALK ONE, LIVE TWO
Here’s some news you can live with.

For every hour of regular, vigorous exercise adults may gain as many as two hours of life expectancy.

Benefits of Walking
- Reduces risk of heart disease, stroke and diabetes
- Strengthens bones and improves balance
- Increases muscle strength and endurance
- Accessible to everyone and no cost
- Doesn’t require special equipment
- Reduces symptoms of depression and anxiety
- Reduces stress

The Wellness Trail
at Saint Alphonsus

If you are looking to exercise or relax, we invite you to walk the Wellness Trail.

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