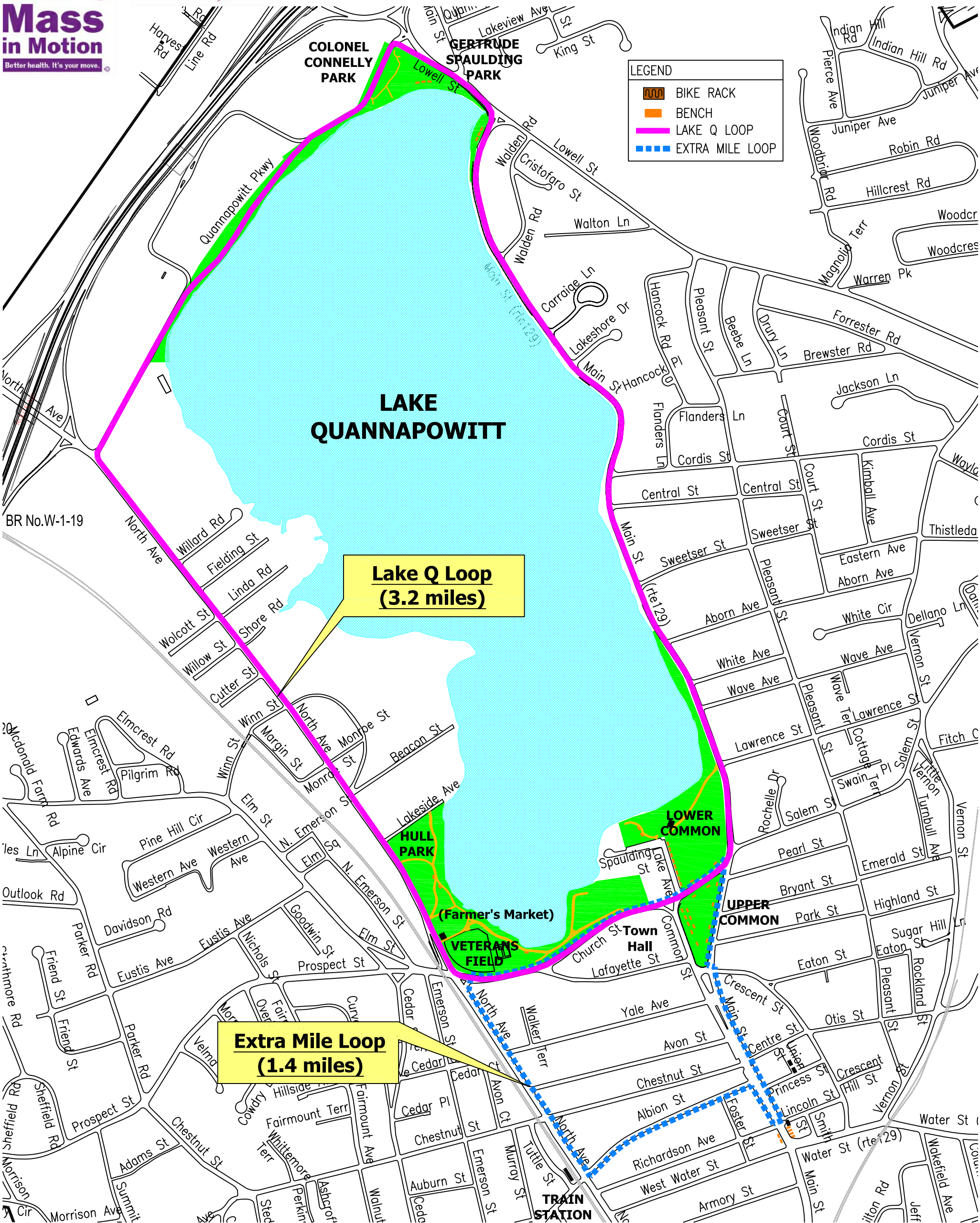




**Mass  
in Motion**  
Better health. It's your move.

GOING THE EXTRA MILE  
is Heart Healthy for YOU  
& our DOWNTOWN

# walk Wakefield



LEGEND	
	BIKE RACK
	BENCH
	LAKE Q LOOP
	EXTRA MILE LOOP

**Lake Q Loop  
(3.2 miles)**

**Extra Mile Loop  
(1.4 miles)**

**TRAIN STATION**

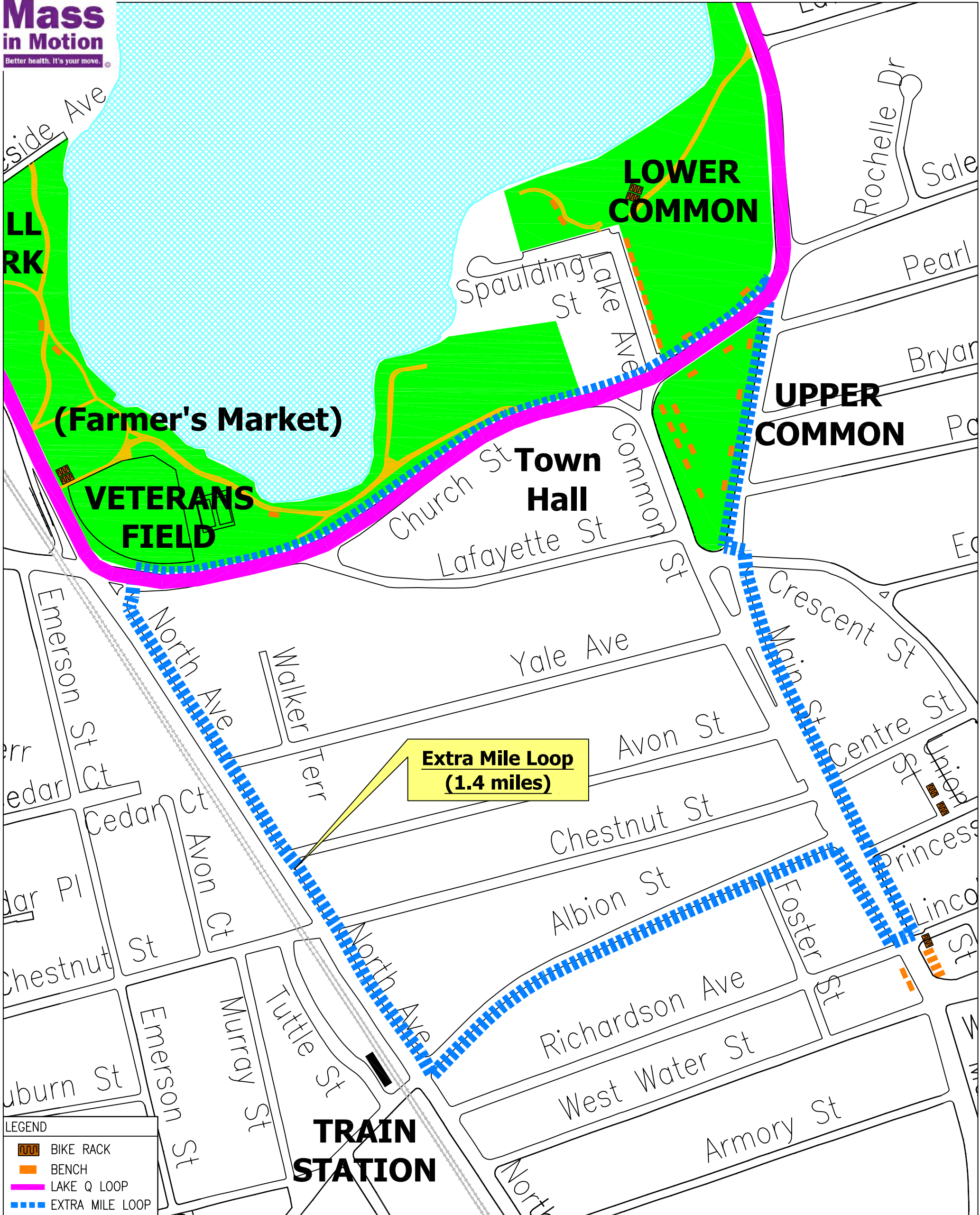


GOING THE EXTRA MILE  
is Heart Healthy for YOU  
& our DOWNTOWN

# Go the Extra Mile



**Mass  
in Motion**  
Better health. It's your move.



LEGEND

	BIKE RACK
	BENCH
	LAKE Q LOOP
	EXTRA MILE LOOP