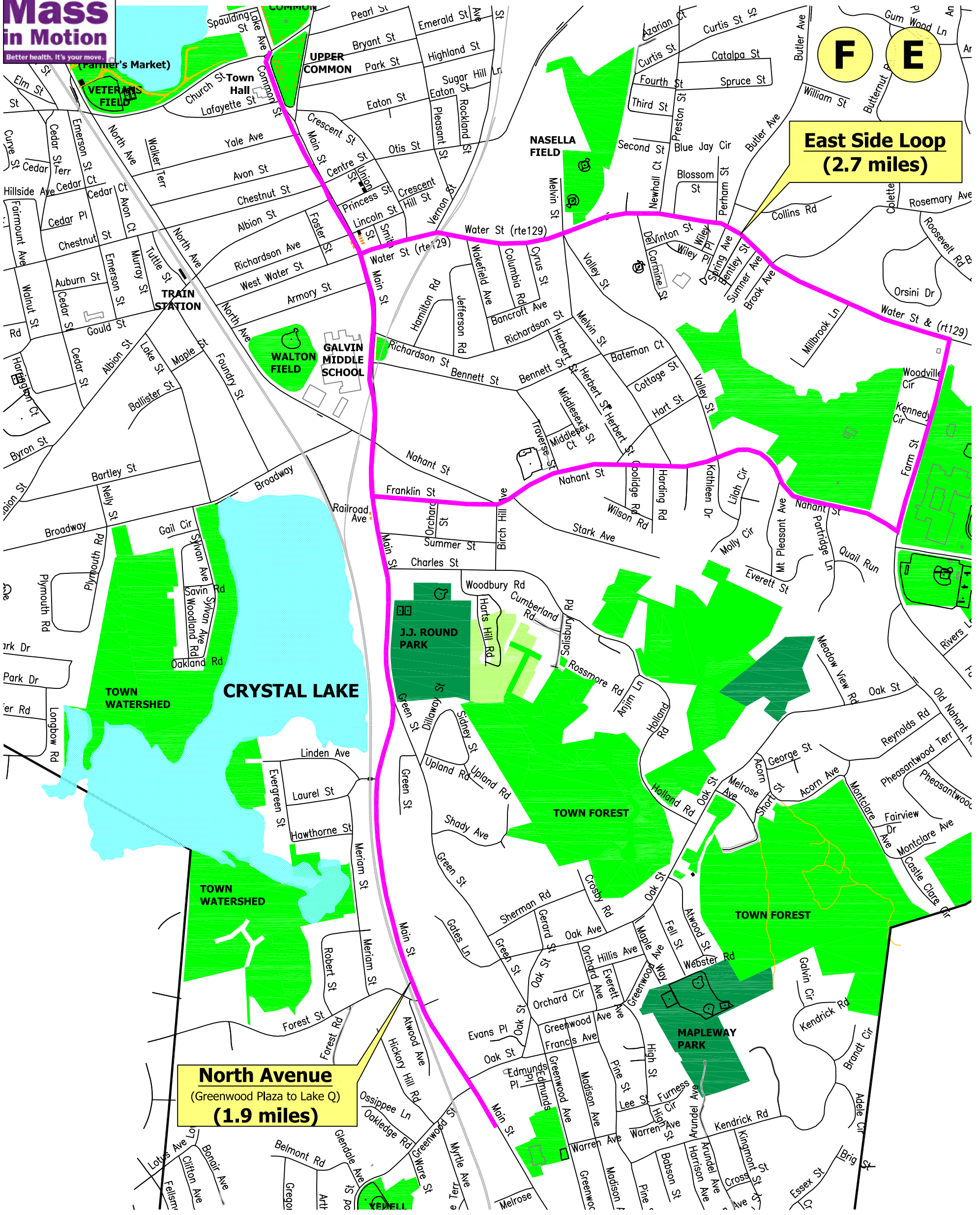




**Mass in Motion**  
Better health. It's your move.

# wakefield Walks

## "Mass In Motion"



**F E**

**East Side Loop  
(2.7 miles)**

**North Avenue  
(Greenwood Plaza to Lake Q)  
(1.9 miles)**