The Path to Good Health Starts with a mindful mile

1. Start at the McCarthy Center
2. Turn LEFT onto State Street toward Rt. 9
3. Turn RIGHT and head toward Dwight Hall
4. Turn LEFT and head toward the Whittemore Library
5. Turn LEFT and head toward Corinne Hall Towers
6. Turn RIGHT onto State Street
7. Turn LEFT onto High Street
8. Turn RIGHT onto Adams Road
9. Turn LEFT onto Maynard Road
10. Turn RIGHT onto Church Street
11. Turn LEFT onto State Street
12. Finish at the McCarthy Center