Richmond Wellness Trail  Idea Board DRAFT

Medical Mile Greenway  Little Rock, Arkansas

“The Medical Mile” has become an artistic expression of health designed to inspire, delight, and motivate people to make wellness-oriented lifestyle changes. It includes a 1,300 foot three-dimensional mural wall, a wellness promenade with arthful displays, as well as, a Body-Mind-Spirit entry plaza that encourages trail users to remember that a healthy mind and spirit are the key steps toward a healthy body.” - American Trails

Holland Wellness Trail  Holland, Michigan

“Take the half-mile loop, walk a mile, or string things together and make it a real hike. Start small and work up, set goals and get started. Just follow the arrows. And don’t skip the workout stations. They’ll give your arms, upper body, and legs another way to tone up and be healthy. Different stations have different exercises—all low-impact and safe. Choose your pace. Choose your place.” - City of Holland

Ralph C. Dills Park  Paramount, CA

“Dill’s Park has been the focal point of revitalization and expansion of parkland along the southern reaches of the Los Angeles River. Directly adjacent to the LA River bike path, the park includes a multiuse path with fitness stations, climbing areas, and a picnic area all set within a beautiful landscape of California native plants within the urban fabric of southern LA County.” - LA Mountains Restoration Trust

Rocky Graham Park  Marin City, CA

“The NEW George “Rocky” Graham Park will inaugurate a renaissance—it will create a focal point for peaceful community building where we can together transform Marin City in a healthy and green village.

The rebirth of Rocky Graham Park will endow Marin City’s residents, seniors, families, youth, and children with a renewed sense of place, legacy, and promise, and most importantly, a future.” - RockyGrahamPark.com