

## Southside Wellness Center on the Ten Toes Express

**TOTAL WALK DISTANCE: 1 mile or more**

*Lafayette Park is the centerpiece of the Lafayette Square neighborhood, a showplace of restored Victorian homes. A walk around the park is one mile. Once you are familiar with the park you may choose to explore paths within it. The park contains imposing statues of George Washington and Thomas Hart Benton, as well as lovely landscaping. Concerts and old-fashioned baseball games take place here in the summer. The park is a short ride from the Southside Wellness on MetroBus #13.*

### Directions:

- Take #13 going east on Park Avenue.
- Exit the bus half-way alongside the park, opposite Benton Place.
- Walk south on Park Ave. keeping the park on your right.
- Turn right on Mississippi, then right again on Lafayette Avenue, right on Missouri, then right again on Park Ave. to complete a square.
- Cross Park at Benton Placeto board the #13 going west.

### To Increase Your Steps:

- Walk instead of riding the bus. Southside Wellness is .5 mile from Lafayette Park.



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