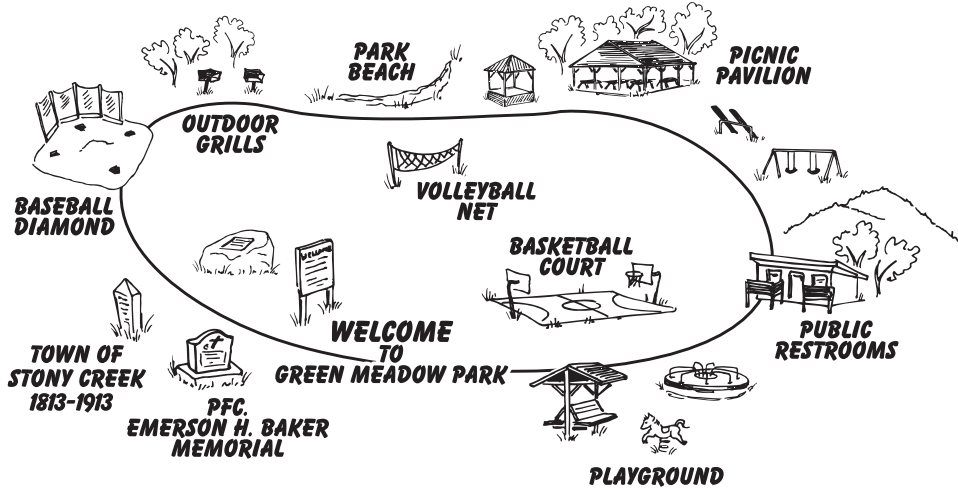


JOHN T. O'NEILL GREEN MEADOW PARK



*** A GREAT PLACE TO PLAY FOR AN ACTIVE DAY.
ONCE AROUND THE PARK EQUALS A QUARTER MILE.**

STONY CREEK JOHN T. O'NEILL GREEN MEADOW PARK



Brought to you by:
Glens Falls Hospital and the
Public Health Services of
Warren & Washington County

SAFETY TIPS:

- Look both ways before crossing (always look left, right, and left again).
- Cross at crosswalks whenever possible & abide by traffic lights.
- Wear reflective or light colored clothing when walking at dusk, dawn, or in the dark.
- Know your numbers: Cholesterol-Blood Pressure-BMI-Blood Glucose.

**BE HEALTHY.
BE ACTIVE.**

30 minutes a day
at least 10 minutes at a time
5 days a week

REMEMBER WALKING OR ANY FORM OF PHYSICAL ACTIVITY IS ONLY ONE PART OF A HEALTHY DAY...

HAVE FUN & EXPLORE STONY CREEK- ON & OFF THE MAP!

• NONE OF THE INFORMATION CONTAINED ON THIS WALKING MAP SHOULD BE USED AS A SUBSTITUTE FOR PROFESSIONAL MEDICAL ADVICE.