## besthealth for us

## Winston Medical Center Walking Trail | Leaving from the Fitness Center



## Directions - Leaving from the Fitness Center:

### 3.24 miles

- From Fitness Center right on Miller to 5 points
- Left on Buena Vista
- Left on Dartmouth
- Left on Forest Dr.
- Right on Avalon
- Left on Reynolds
- Left on Roslyn
- Right on Buena Vista
- Right after crossing Stratford - 5 points
- Straight on Miller to Fitness Center

