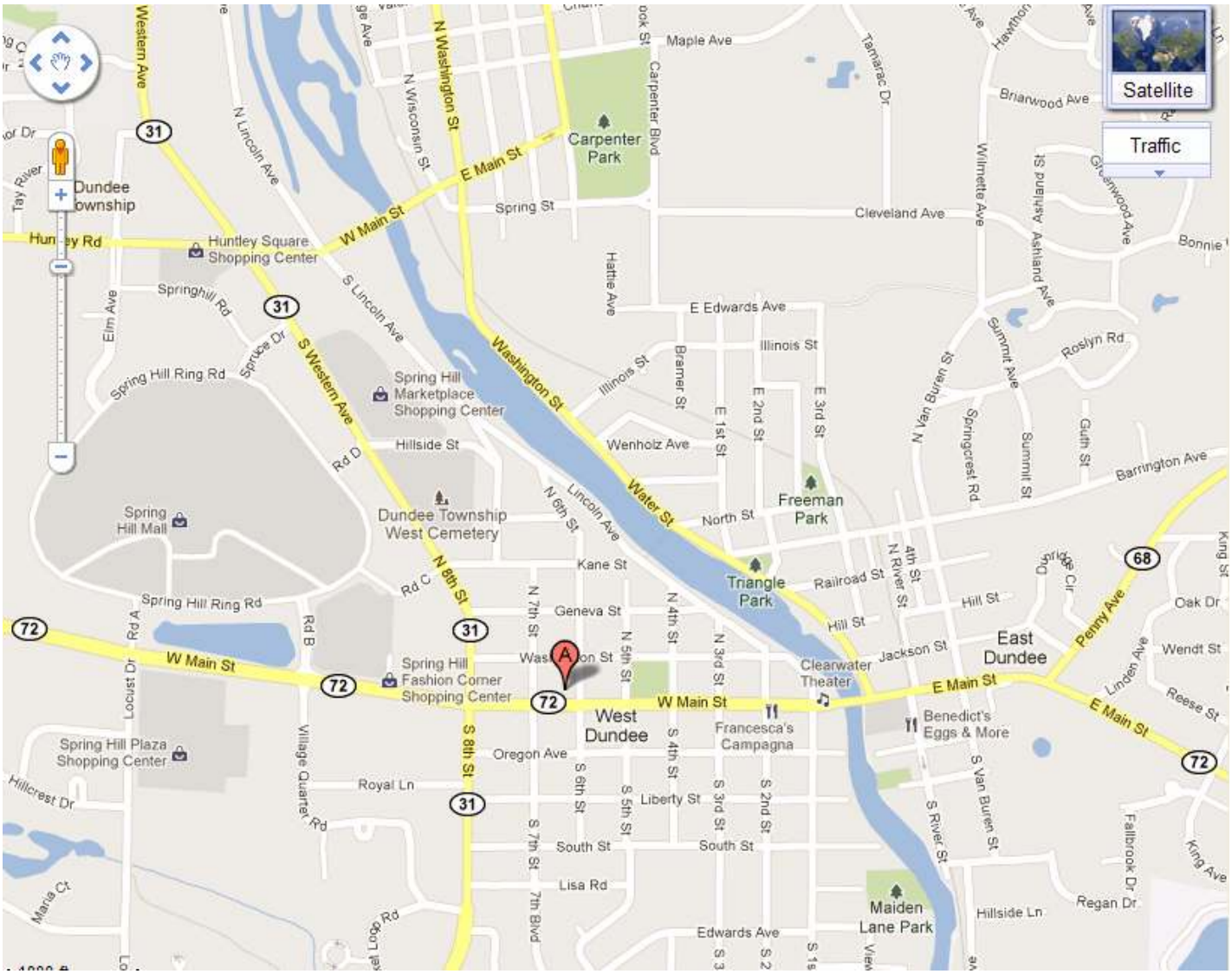
"Adventures in Walking"

3 Mile Walk with Dr. David Kolbaba, Host of HealthQuest Radio
Starts at 606 W. Main Street, West Dundee
Just 1 Block East of Grafelman Park
Sunday, September 18, 2011 – Check in at 8:30 am, Walk Begins at 9:00 am
Call 847-428-8850 if you have any questions

Walking Route:

- Begin at *Dr. David C. Kolbaba & Associates* parking lot off of 6th Street and Main Street
- Turn left out of parking lot, heading North on 6th Street
- Turn left at the River onto Lincoln Avenue
- Turn right on Huntley Rd/Main Street
- Turn right on Bike Path
- Turn right on 2nd Street
- Turn right on North Ave
- Cross river on Foot Bridge
- Turn right on Lincoln Avenue
- Turn left on 6th Street
- Turn right into *Dr. David C. Kolbaba & Associates* parking lot