

## Ground Level



## Level 1



## Indoor Walking Path Directions

### 3/4 Mile Path

Follow the map from the 12 High St. lobby to the main lobby. Travel up the stairs and follow the hallway until you reach Medical Records. Turn around, walk around the circular pathway heading back to the stairs, and travel back down the stairs. Continue to

follow the hallways towards the cafeteria exit. When you reach the exit turn around and travel to the bench at the other end of the hallway. Turn around and follow the path that you originally took back towards the 12 High St. lobby to complete .75 miles.

www.cmmc.org

207-795-2473  
Lewiston, Maine 04240  
300 Main Street



Central Maine Medical Center supports the daily exercise of both its employees and its visitors.

# Indoor & Outdoor Walking Paths



The mission of the EWSC is to create and sustain a culture of health and wellness that empowers CMHC employees and their families.

Do you have suggestions or feedback for us?  
We'd love to hear it: EWSC@cmhc.org

These maps are presented by the CMH Employee Wellness Steering Committee.

## Outdoor Walking Path Directions

### 1 Mile Path - High Street ●

Begin at the exit of the main hospital lobby. Turn right onto High St. Turn right onto Main St. Turn right onto Bridge St. Turn left onto Lowell St. Turn Left on Middle St. Turn left on Main St. Turn left on Bates St. Turn right on High St. Path ends at hospital main lobby entrance.

### 1 Mile Path - Lisbon Street ●

Begin at the exit of 29 Lowell St. Travel up Lowell St. towards the hospital. Turn right on Hammond St. Turn right on Main St. Turn left onto Bates St. Turn right onto Oak St. Turn left onto Park St. Turn right onto Ash St. Turn right onto Lisbon St. Turn right onto Main St. Turn left onto Middle St. Turn right onto Lowell St. Path ends at the entrance to 29 Lowell St.

### 3/4 Mile Path ●

Begin at the exit of the main hospital lobby. Turn right onto High St. Turn right on Main St. Turn right on Bates St. Turn right on High St. Path ends at hospital main lobby entrance.

### 1/2 Mile Path ●

Begin at the exit of the main hospital lobby. Turn right onto High St. Turn right on Main St. Turn right on Hammond St. Turn right on High St. Path ends at hospital main lobby entrance.

### 1/3 Mile Path ●

Begin at the exit of 29 Lowell St. Travel up Lowell St. towards the hospital. Turn right on Hammond St. Turn right on Main St. Turn right on Bates St. Path ends at the entrance to 29 Lowell St.

