



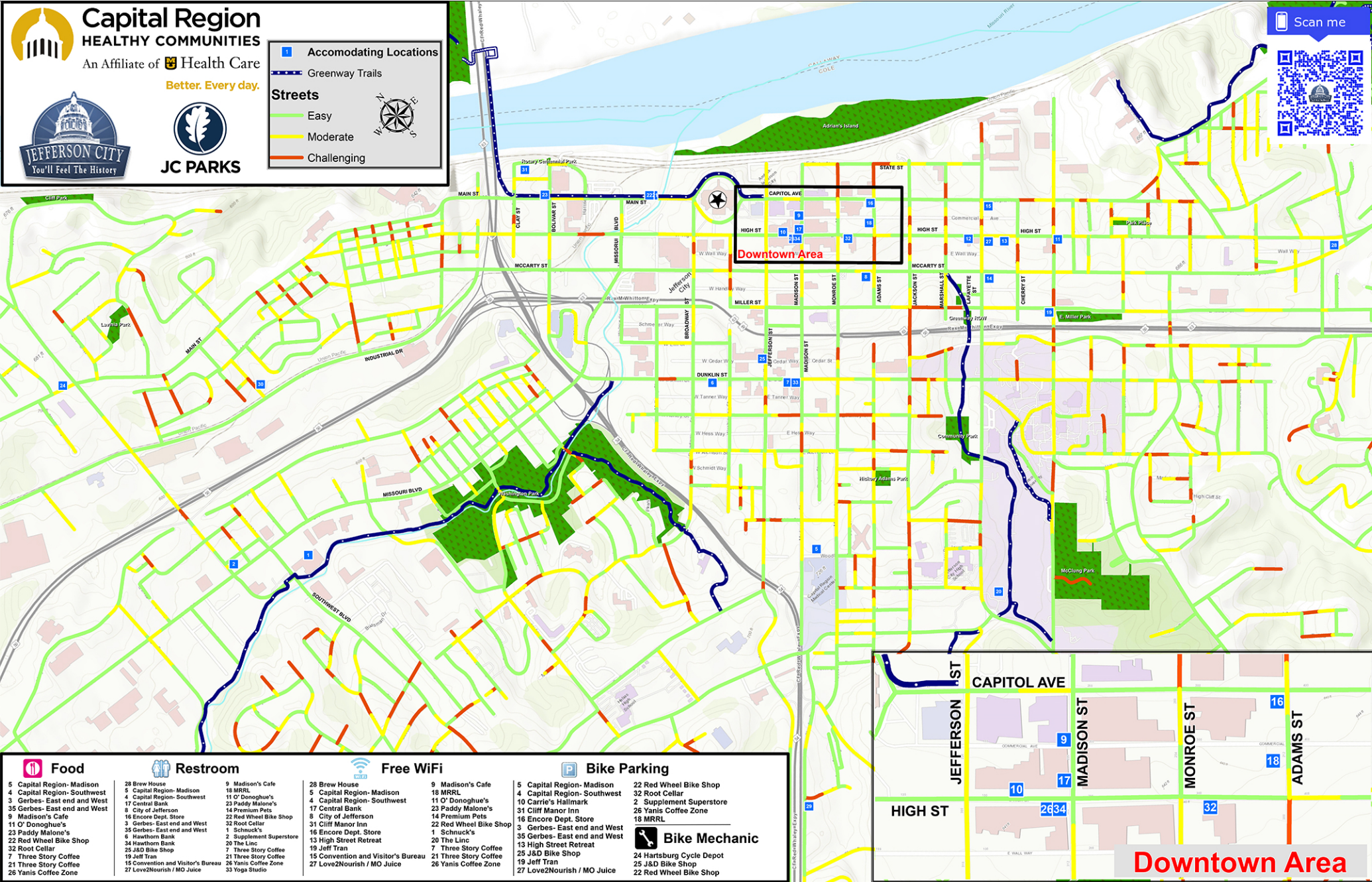
# Capital Region HEALTHY COMMUNITIES

An Affiliate of Health Care

Better. Every day.



- Accommodating Locations
- Greenway Trails
- Streets**
  - Easy
  - Moderate
  - Challenging



- | Food                         | Restroom                           | Free WiFi               | Bike Parking                       |
|------------------------------|------------------------------------|-------------------------|------------------------------------|
| 5 Capital Region- Madison    | 28 Brew House                      | 9 Madison's Cafe        | 5 Capital Region- Madison          |
| 4 Capital Region- Southwest  | 5 Capital Region- Madison          | 18 MRRL                 | 18 MRRL                            |
| 3 Gerbes- East end and West  | 5 Capital Region- Southwest        | 11 O' Donoghue's        | 4 Capital Region- Southwest        |
| 35 Gerbes- East end and West | 17 Central Bank                    | 23 Paddy Malone's       | 31 Cliff Manor Inn                 |
| 9 Madison's Cafe             | 8 City of Jefferson                | 14 Premium Pets         | 16 Encore Dept. Store              |
| 11 O' Donoghue's             | 16 Encore Dept. Store              | 22 Red Wheel Bike Shop  | 3 Gerbes- East end and West        |
| 23 Paddy Malone's            | 3 Gerbes- East end and West        | 32 Root Cellar          | 35 Gerbes- East end and West       |
| 22 Red Wheel Bike Shop       | 35 Gerbes- East end and West       | 1 Schuck's              | 20 The Linc                        |
| 32 Root Cellar               | 6 Hawthorn Bank                    | 2 Supplement Superstore | 7 Three Story Coffee               |
| 7 Three Story Coffee         | 20 The Linc                        | 7 Three Story Coffee    | 19 Jeff Tran                       |
| 21 Three Story Coffee        | 15 J&D Bike Shop                   | 21 Three Story Coffee   | 25 Convention and Visitor's Bureau |
| 26 Yanis Coffee Zone         | 15 Jeff Tran                       | 26 Yanis Coffee Zone    | 27 Love2Nourish / MO Juice         |
|                              | 25 Convention and Visitor's Bureau | 33 Yoga Studio          |                                    |
|                              | 27 Love2Nourish / MO Juice         |                         |                                    |

