



304 South Indiana Avenue  
Kankakee, Illinois 60901-3904



*Join Your Neighbors & Start Walking*

4th WARD RESIDENT

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KANKAKEE, IL 60901

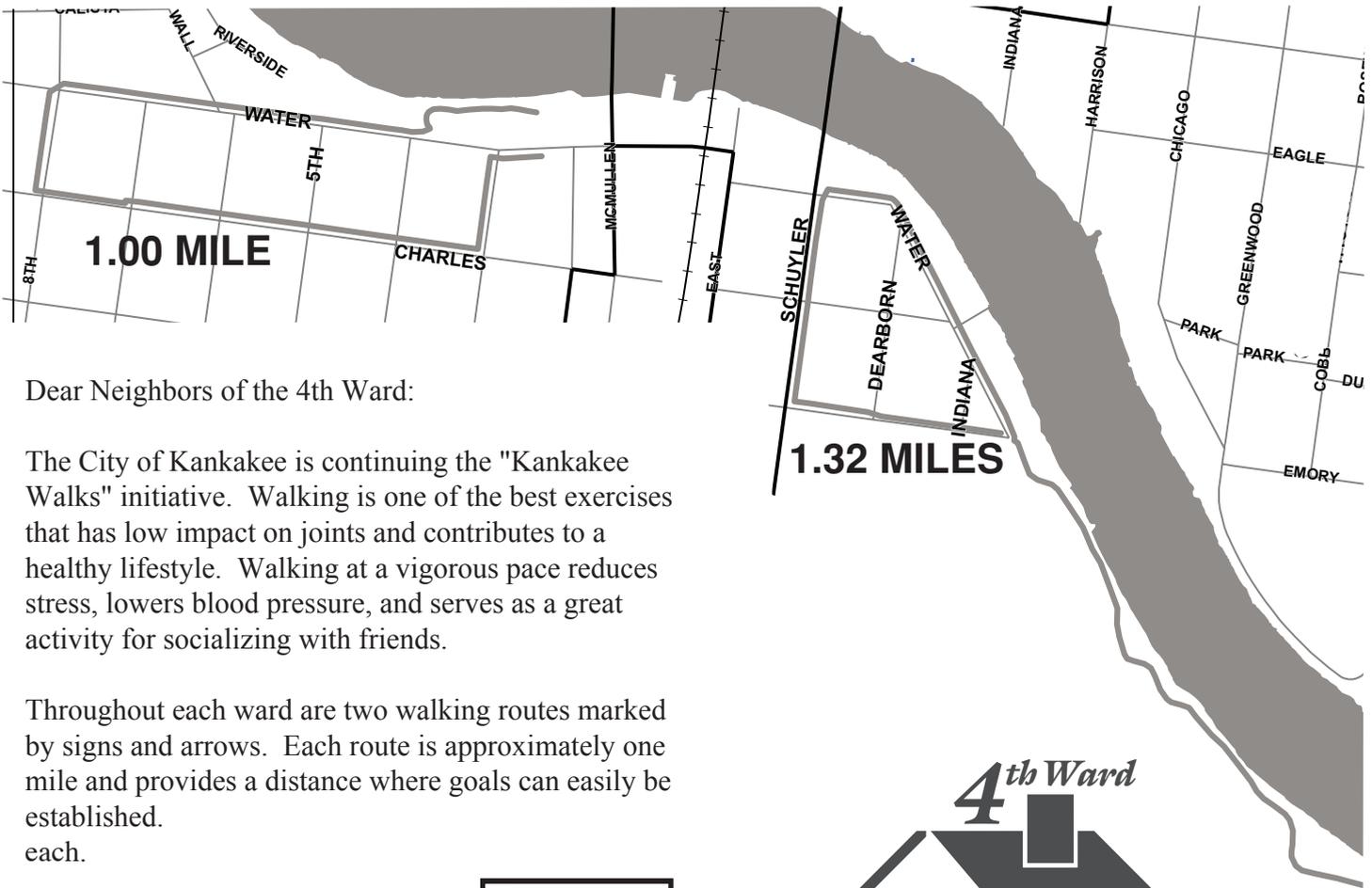
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Stay Healthy  
Enjoy Your Neighborhood  
*“Walk the 4th Ward”*



304 South Indiana Avenue  
Kankakee, Illinois 60901-3904  
web site: [www.citykankakee-il.gov](http://www.citykankakee-il.gov)



Dear Neighbors of the 4th Ward:

The City of Kankakee is continuing the "Kankakee Walks" initiative. Walking is one of the best exercises that has low impact on joints and contributes to a healthy lifestyle. Walking at a vigorous pace reduces stress, lowers blood pressure, and serves as a great activity for socializing with friends.

Throughout each ward are two walking routes marked by signs and arrows. Each route is approximately one mile and provides a distance where goals can easily be established.

We hope you will join the "Kankakee Walks" initiative. Feel free to form a walking club in your ward and be a part of moving ***Kankakee Forward*** as we work to create a more active community..



Mayor Chasity Wells-Armstrong

Walking maps for each ward are available at:  
Administration Building, Public Safety Center,  
Kankakee Public Library, YMCA  
and the YWCA.



*Mayor Chasity Wells-Armstrong*  
*Alderman Danita Swanson*  
*Alderman James A. Faford*



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