



304 South Indiana Avenue
Kankakee, Illinois 60901-3904



Join Your Neighbors & Start Walking

7th WARD RESIDENT

<<site_addr>>

KANKAKEE, IL 60901

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Stay Healthy
Enjoy Your Neighborhood
“Walk the 7th Ward”



304 South Indiana Avenue
Kankakee, Illinois 60901-3904
web site: www.citykankakee-il.gov

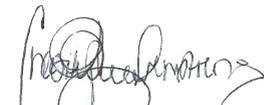
Dear Neighbors of the 7th Ward:

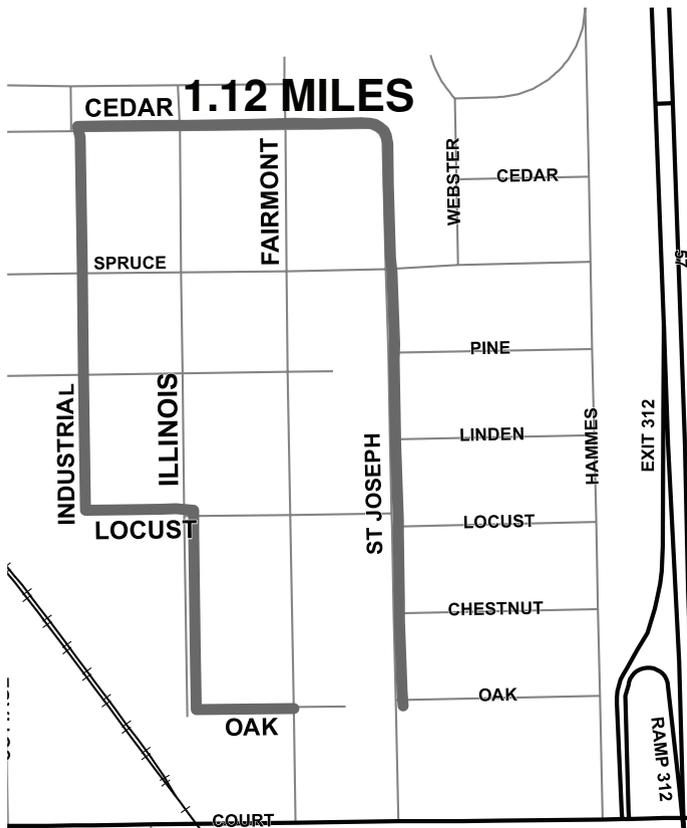
The City of Kankakee is continuing the "Kankakee Walks" initiative. Walking is one of the best exercises that has low impact on joints and contributes to a healthy lifestyle. Walking at a vigorous pace reduces stress, lowers blood pressure, and serves as a great activity for socializing with friends.

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



Mayor Chasity Wells-Armstrong
Alderman P. Carl Brown
Alderman Fred Tetter

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



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