WELLNESS TRAIL

At Indiana University Health Saxony Hospital, April marks the beginning of several wellness trails. IU Health Saxony is dedicated to making the community it serves a healthier one. A vital step toward the community's overall health is championing healthy changes with the hospital employees and patients.

Wellness Trail

This 2.1 mile walk through local prairie grasses, trail consists of crushed gravel and mowed grass. This 2.1 mile walk through local prairie grasses, trail consists of crushed gravel and mowed grass. This 2.1 mile walk through local prairie grasses, trail consists of crushed gravel and mowed grass. This 2.1 mile walk through local 75-80 words

Prairie Walk

This 2.1 mile walk through local prairie grasses, trail consists of crushed gravel and mowed grass. This 2.1 mile walk through local prairie grasses, trail consists of crushed gravel and mowed grass. This 2.1 mile walk through local prairie grasses, trail consists of crushed gravel and mowed grass.

Partners Walk

This 2.1 mile walk through local prairie grasses, trail consists of crushed gravel and mowed grass. This 2.1 mile walk through local prairie grasses, trail consists of crushed gravel and mowed grass. This 2.1 mile walk through local prairie grasses, trail consists of crushed gravel and mowed grass.

Rain Garden Walk

This 2.1 mile walk through local prairie grasses, trail consists of crushed gravel and mowed grass. This 2.1 mile walk through local prairie grasses, trail consists of crushed gravel and mowed grass. This 2.1 mile walk through local prairie grasses, trail consists of crushed gravel and mowed grass.

Saxony Hospital

This one of our walks offering a healthy lifestyle to our visitors and staff. Take a leisurely stroll through the .02 mile Rain Garden or combine our Wellness & Prairie Walks for a 2.1 mile hike around the perimeter of the hospital.

visit us online at www.iuhealth.org