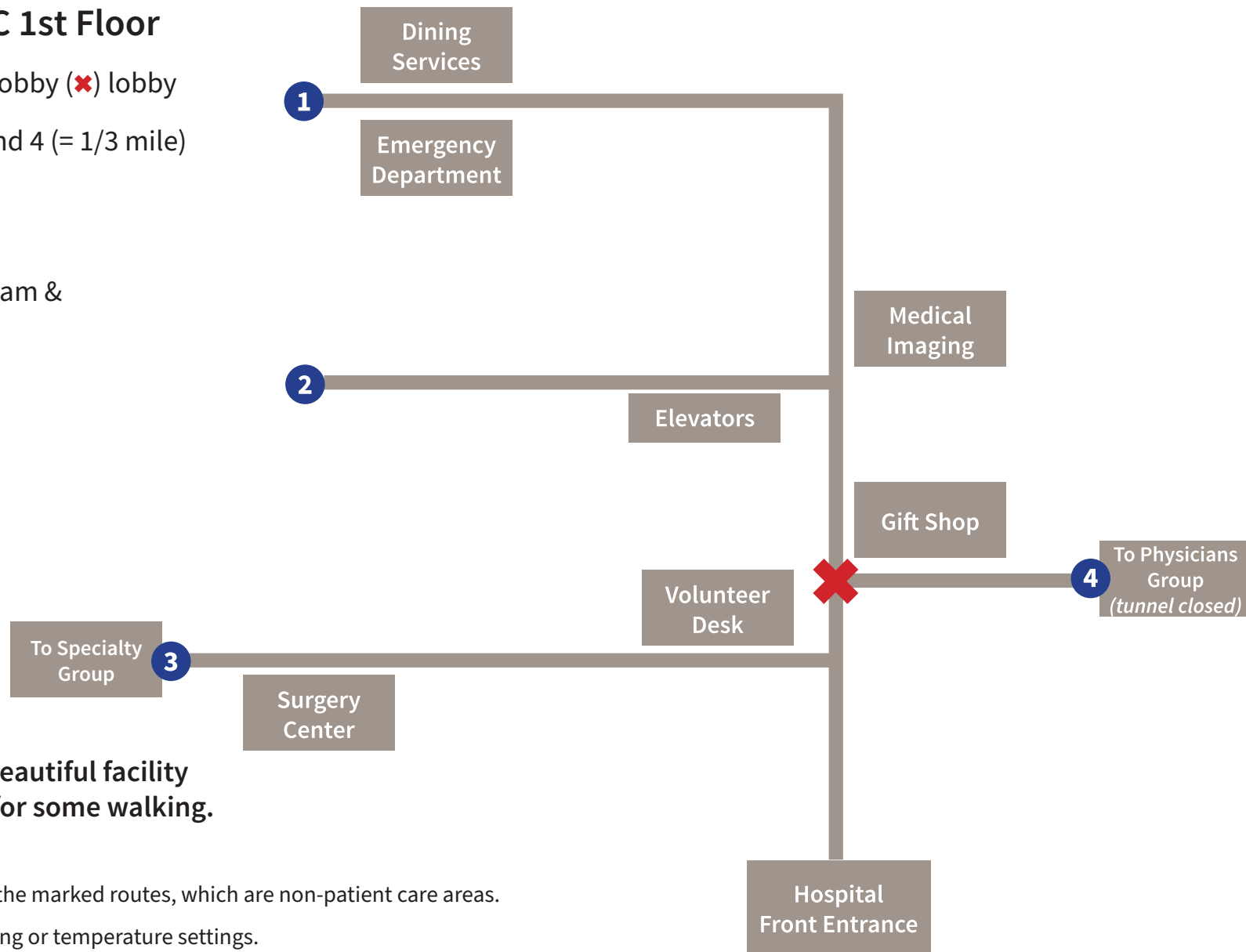


Walking Map - RAMC 1st Floor

- Start at hospital main lobby (✘) lobby
- Walk to points 1, 2, 3 and 4 (= 1/3 mile)
- 3 laps = 1 mile
- Walking times:
Monday-Friday 6am - 7am &
4pm - 7pm
Weekends 7am - 7pm



We welcome you to our beautiful facility and invite you to join us for some walking.

Please note:

- Walkers are allowed only on the marked routes, which are non-patient care areas.
- Walkers may not adjust lighting or temperature settings.
- Walkers must allow staff & patients the right of way at all times.
- Walkers must walk on the right side of the hallway, with the flow of traffic. Please slow down and carefully go around those walking at a slower pace. Walkers are asked to use extreme caution when walking as you are walking at your own risk.
- Please be courteous to all staff and visitors. Please wear clean, dry shoes.
- The care & safety of our patients, visitors & staff is our top priority at RAMC. We reserve the right to ask walkers not to return, upon failure to follow the above rules.