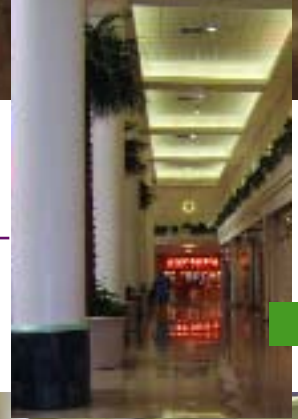




Walk for Better Health

Metro-Detroit Mall Walking Guide



EASTLAND MALL

Location: 18000 Vernier Road (Eight Mile Rd.) west of I-94; Harper Woods

Doors Open: 8 a.m. Monday through Sunday

Distance: One lap is one mile.

Phone: (313) 371-1500

- Additional:**
- Register at Customer Service and receive a badge.
 - After first 100 miles walker receives a t-shirt, after 1000 miles another t-shirt is awarded.

FAIRLANE TOWN CENTER

Location: 8900 Michigan Avenue and Southfield Expressway; Dearborn

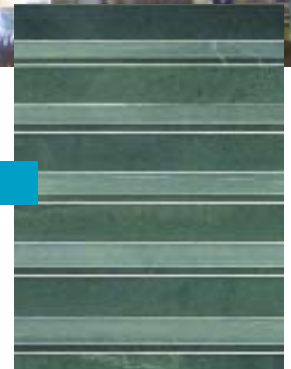
Doors open: 7 a.m. Monday through Sunday

Distance: One lap of complete lower level including arcades is .8 of a mile.

Phone: (313) 593-3330

Additional: - Enter main doors (near Cinnabon).

Web address: www.shopfairlane.com





GREAT LAKES CROSSING

Location: Baldwin Road and 1-75, Exit 84; Auburn Hills

Doors open: 7 a.m. Monday through Sunday

Distances: If you follow the track, one lap is .8 of a mile. If you follow the outside perimeter to the doors, one lap is 1.2 miles.

Phone: (248) 454-5000 or 1-877-SHOPGLC

Additional:

- New Michigan Adventure Walking Club! Get a t-shirt just for registering. Member benefits include FREE quarterly breakfast and daily health tips.
- Program sponsored by St. Joseph Mercy Oakland.

Web address: <http://www.shopgreatlakescrossing.com/infodesk/clubNews.html>

LAKESIDE MALL

Location: Hall Road (M-59) and Schoenherr; Sterling Heights

Doors open: 8 a.m. Monday through Saturday, 10 a.m. on Sunday

Distances: One lap on the lower level is .75 of a mile. One lap on the 2nd level, including the food court, is about one mile.

Phone: (586) 247-1590

Additional:

- There is a coat rack available from 8 a.m. to 10 a.m. located in the lower level JC Penney Wing.

LAUREL PARK PLACE

Location: Six Mile Road (1/4 mile east of I-275); Livonia

Doors open: 7 a.m. Monday through Saturday, 7 a.m. on Sunday

Distance: One lap (inside perimeter of the shopping center – maroon tile) is .6 of a mile.

Phone: (734) 462-1100

Additional:

- Mall walking club sponsored by St. Mary Mercy Hospital.
- Free blood pressure screenings every 4th Monday of the month from 8 a.m. to 10 a.m. in Center Court of mall.

LIVONIA MALL

Location: 29514 Seven Mile Road and Middlebelt Road; Livonia

Doors open: 7 a.m. Monday through Saturday, 9 a.m. on Sunday

Distances: One lap including the arcades is approximately one mile.

Phone: (248) 476-1160

Additional:

- Use entrance by Mervyn's.
- Botsford Hospital conducts blood pressure screenings on the 3rd Wednesday of each month.

MACOMB MALL

Location: Masonic (13-1/2 Mile) and Gratiot; Macomb

Doors open: 7 a.m. Monday through Saturday, 9 a.m. on Sunday

Distances: One lap is .8 of a mile.

Phone: (586) 293-7800

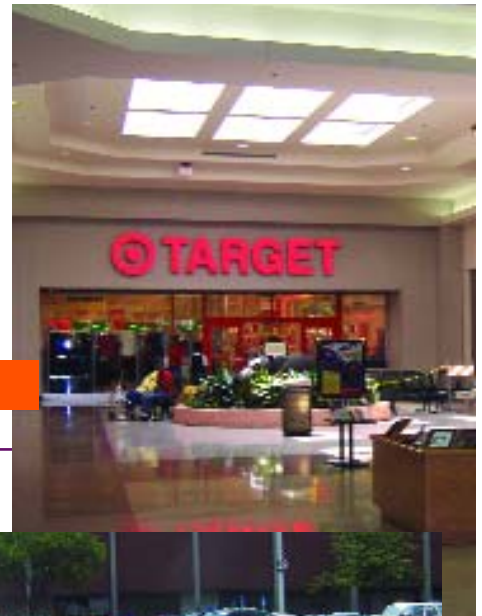
Additional:

- Use the entrance near the mall office (between Silver Cinemas and Kohl's).
- Pick up a registration form at either the Customer Service Center or Security Office.



NORTHLAND MALL

- Location:** John C. Lodge Freeway and Greenfield; Southfield
- Doors open:** 8 a.m. Monday through Saturday, 10:30 a.m. on Sunday
- Distances:** One lap of the internal perimeter, including arcades is about 1 mile.
- Phone:** (248) 569-6272
- Additional:**
- Mall walking club, Northland Pacers.
 - Use entrance near T.J. Maxx



OAKLAND MALL

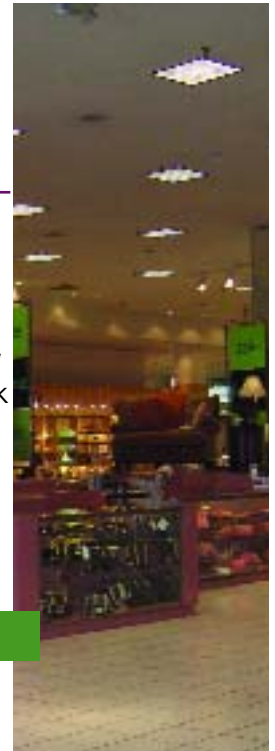
- Location:** 14 Mile Road and John R Road; Troy
- Doors open:** 7 a.m. Monday through Saturday, 8 a.m. on Sunday
- Distances:** The upper level and lower level of Oakland Mall are .2 of a mile each, the main level is .6 of a mile. Circle the outside perimeter of all three levels to complete a one-mile walk.
- Phone:** (248) 585-6000
- Additional:**
- Register to walk at the lower level information desk during mall hours.
 - Before regular hours, use the main entrance and Steve and Barry's entrance.



Web address: www.oaklandmall.com/mallwalkers.shtml

SOMERSET MALL

- Location:** Big Beaver and Coolidge Roads; Troy
- Doors open:** 7 a.m. Monday through Sunday
- Distances:** Once around any level at North equals about .3 of a mile. Once around any level at South equals a little over .25 of a mile. One way across the Skywalk equals .125 of a mile.
- Phone:** (248) 643-6360
- Additional:**
- Call the phone number above to get a parking sticker.
 - Park on level 3 behind Neiman-Marcus.
 - Mall walking club, the Sky Walker Club meets on the 3rd Wednesday each month from October 20 – April 20 from 8 – 9:30 a.m. – check in at Starbucks South



SOUTHLAND MALL

- Location:** 2300 Eureka Road (1/4 mile east of Telegraph); Taylor
- Doors open:** 7:30 a.m. Monday through Saturday, 9:30 a.m. on Sunday
- Distances:** The entire mall perimeter is just over one mile.
- Phone:** (734) 374-2800, ext. 7023
- Additional:**
- Use entrance closest to Marshall Field's (when looking at Marshall Field's it is the door to the left). Identification is required.



SUMMIT PLACE MALL

Location: 315 N. Telegraph Road; Pontiac
Doors open: 7 a.m. Monday through Sunday
Distances: One lap is approximately one mile.
Phone: (248) 682-0123

TWELVE OAKS MALL

Location: 27500 Novi Road (just north of 1-96); Novi
Doors open: 8 a.m. Mondays through Saturdays, 9 a.m. on Sundays
Distances: One lap of the upper level is approximately .8 of a mile. One lap of the lower level is approximately .5 of a mile.
Phone: (248) 348-9400
Additional: - Use the Lord & Taylor entrance (Valet entrance). Register at Main Information Desk.

UNIVERSAL MALL

Location: 28582 Dequindre and 12 Mile Road; Warren
Doors open: 8 a.m. Monday through Saturday, 10 a.m. on Sunday
Distances: One lap is .75 of a mile.
Phone: (586) 751-3161
Additional: - Walkers should enter on the south side of the Mall.
- Walking program sponsored by St. John's Oakland General. Register at Customer Service center in mall.

WESTLAND MALL

Location: Wayne and Warren Roads; Westland
Doors open: 7 a.m. Monday through Sunday
Distances: Walking the mall with all the arcades (hallways) is .75 of a mile.
Walking the mall without all arcades (hallways) is .5 of a mile.
Phone: (734) 425-5001
Additional: - Use the doors by Arcade 2 (by Olga's Kitchen) before 8:30 a.m.
- To join the walking program, complete a registration card at the Customer Service booth in the East Court. St. Mary Mercy Hospital offers community lectures and health screenings such as blood pressure checks.
- For more information contact the Community Outreach Department at St. Mary Mercy Hospital at (734) 655-8940.

Web address: www.westlandcenter.com

Note: Information in this guide is subject to change.
Please contact the mall to confirm program information.