



## WELCOME TO THE **Independent Health Wellness Trail**

Independent Health is proud to be the official health and wellness partner of Outer Harbor Buffalo, which offers a variety of opportunities for healthy activity.

Get moving on our **2-MILE BIKE/WALKING TRAIL**, starting at Wilkeson Pointe and ending at Bell Slip, with mile markers along the way to keep you motivated and on track. When you're done, enjoy the open waters of Lake Erie with a kayak, paddle board or hydro bike.

There's something here for everyone, whether you're a resident of Western New York or just passing through. And we hope to see you again.

