

- 10 FORMER FERGUSON & HASSLER STORE**
21 East State Street
- 11 FORMER FORBES MENS AND BOYS STORE**
27 East State Street
- 12 FORMER V. CHESTER BROWN BUILDING**
32 East State Street
- 13 FORMER TROLLEY STATION**
40 East State Street
- 14 FORMER ALBERT FRITZ HOME**
24 South Hess Street
- 15 MEMORIAL UNITED METHODIST CHURCH**
101 South Hess Street
- 16 FORMER QUARRYVILLE HIGH SCHOOL**
121 South Hess Street
- 17 GALEN FRITZ SR. HOME**
122 South Hess Street
- 18 FORMER FRITZ WAREHOUSES**
27-33 East Fourth Street
- 19 SCHOOL DISTRICT WAREHOUSE
(FORMERLY BLOCH BROS. TOBACCO WAREHOUSE)**
East Fourth Street

HEALTH BENEFITS OF WALKING



GOOD FOR THE MIND

Can help reduce anxiety and depression, as well as, improve self-esteem and happiness.



IMPROVES SLEEP

May improve both sleep quality and quantity, and reduce episodes of insomnia.



LOWERS BLOOD PRESSURE

Brisk walking 10,000-12,000 steps per day lowers both systolic and diastolic blood pressure.



SAVES LIVES

Brisk walking 3.5 hours per week (depending on the person) had an 11% reduction of risk for death, than those who don't.



GOOD FOR THE BODY

Increased walking decreases risk of cardiovascular disease and arthritis. Improves muscle strength and flexibility, joint health, bone density, and helps with managing weight.

The source of this information can be found at americawalks.org. Work is cited on the "Benefits of Walking" resource page.



LET'S GET MOVING!

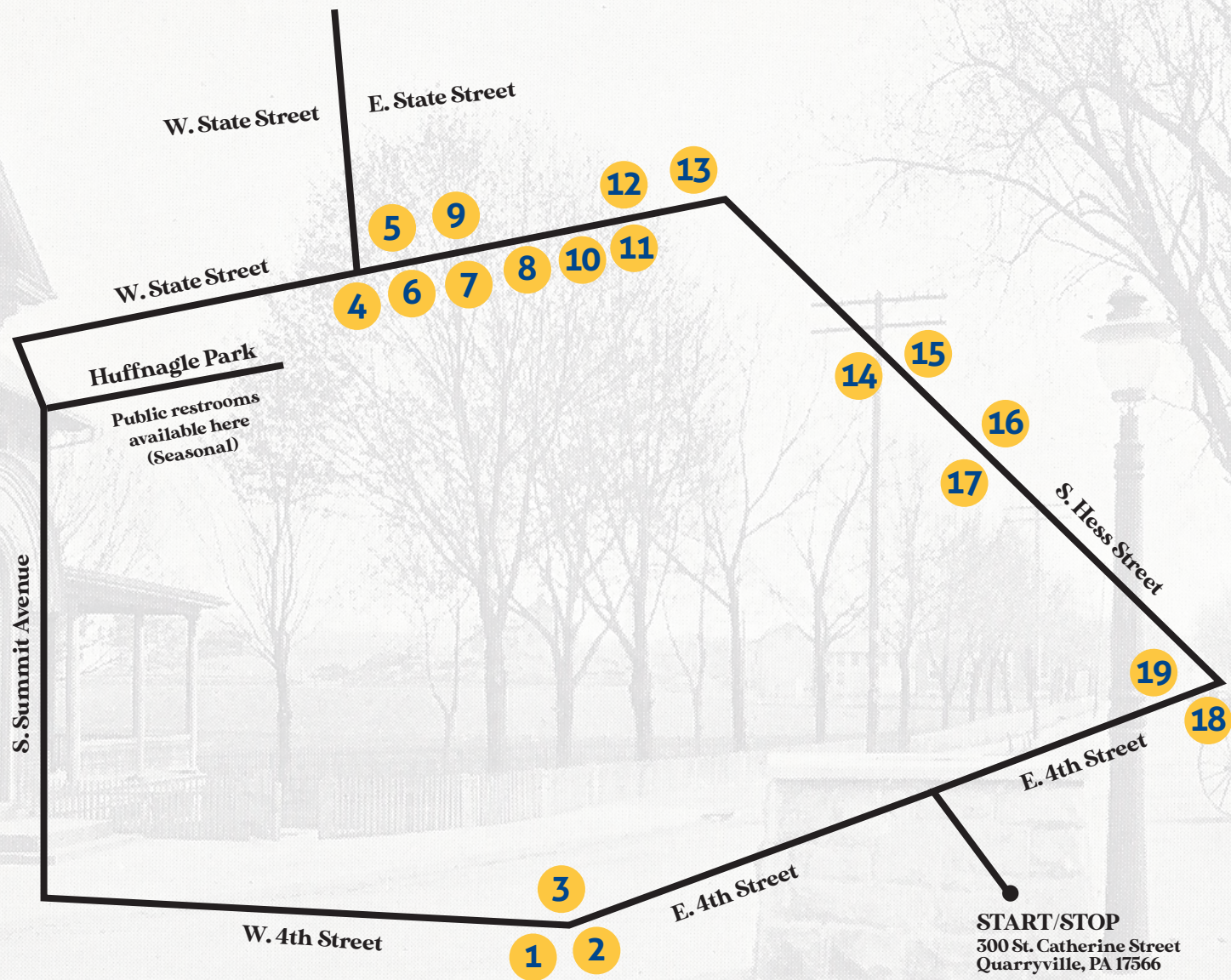
QUARRYVILLE BOROUGH WALKING PATH

LEARN ABOUT THE HISTORY
OF QUARRYVILLE BOROUGH
WHILE YOU WALK.

1.5 MILES

Visit quarryvilleborough.com
for more information.





**1 OAK HILL FELLOWSHIP
(FORMERLY ST. PAULS CHURCH)**
1 West Fourth Street

2 WALTER AUMENT HOME
301 South Church Street

3 HOWARD REYNOLDS HOME
224 South Church Street

4 FORMER GEORGE HENSEL STORE SITE
4 South Church Street

5 FORMER WESTERN AUTO
2 East State Street

6 FORMER QUARRYVILLE NATIONAL BANK
1 East State Street

7 BANK DRIVEO THRU LOT
East State Street

8 FORMER FREEL GROFF RESTAURANT
11 East State Street

9 FORMER QUARRYVILLE FREIGHT STATION
12 East State Street