

Welcome to the Pen Bay Medical Center Community Wellness Trail. This project has been brought to the community with the support of Pen Bay Medical Center colleagues, community members and local businesses.

The Community Wellness Trail includes nine Fit-Trail stations. For your safety, please read the directions at each station and follow the instructions while participating in the activity. The target heart rate range guides located at each station provide valuable information regarding how you should pace yourself during exercise.

While using the Community Wellness Trail we ask that you...

- Please plan ahead and prepare to carry out any trash. (Dog waste stations are located at each trail head.)
- Please stay on the trail.
- Respect the wildlife.
- Be considerate of other visitors and respect the privacy of our patients.

The Community Wellness Trail is open from sunrise to sunset. Dogs must be leashed at all times.

Use at your own risk. In case of emergency, please call 9-1-1.

The following is prohibited on the trail:

- all tobacco products
- motorized vehicles
- bicycles
- alcohol
- campfires

