



Become a NorWALKer!

EXPLORE NORWALK COMMUNITY COLLEGE

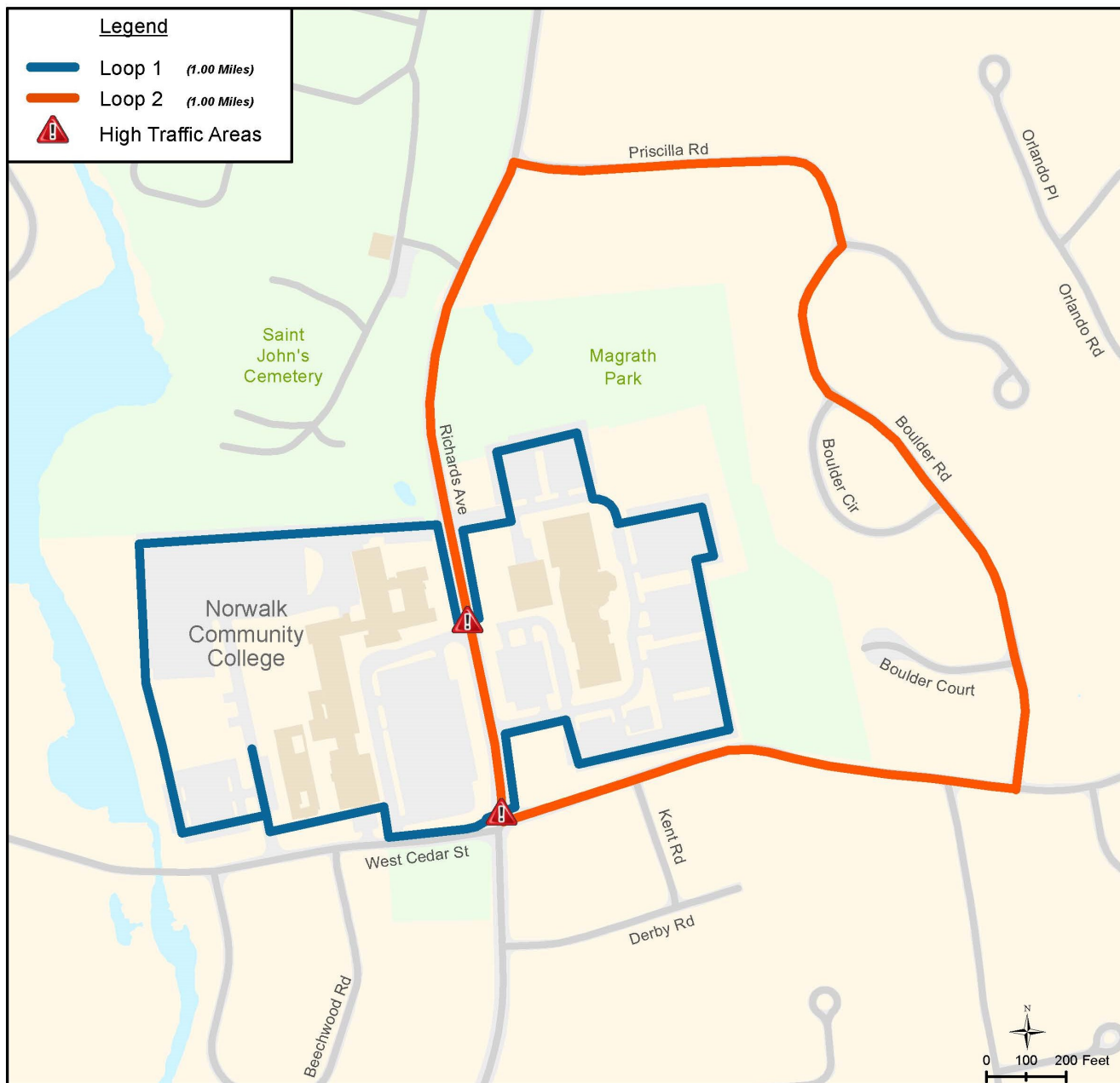
Stroll through campus and the beautiful surrounding neighborhood of West Norwalk.

Loop 1

Begin at Norwalk Community College's Center for Science, Health & Wellness entrance on West Campus. Turn left out of the building and walk through the crosswalk towards the parking lot. When you reach the edge of the parking lot, turn right and walk over the grassy field to the end of the next parking lot. Turn right when you reach the edge of the parking lot and walk toward the sidewalk on Richards Ave. Turn right on Richards Ave. and cross the street to East Campus via the crosswalk. Turn left and enter East Campus. Turn left into the parking lot and walk the perimeter of the lot. Walk past the playground, around the curve in the road, and walk the perimeter of the larger parking lot that is in front of you. When you reach the end of the parking lot, turn left and head towards Richards Ave. Turn left onto Richards Ave. and cross the street to enter the front parking lot on East Campus. Walk the edge of the parking lot, heading towards the Center for Science, Health, and Wellness. Return to the entrance of the Center for Science, Health, and Wellness building.

Loop 2

Begin at Norwalk Community College's West Campus parking lot. Turn right onto Richards Ave. Right on Priscilla Rd. Right on Boulder Rd. Right on West Cedar St. Right on Richards Ave. Return to Norwalk Community College.



PROCEED WITH CAUTION WHEN FOLLOWING NORWALKER ROUTES!

The *Healthy for Life Project* is not responsible for any injuries or accidents that may occur while following NorWALKer routes. Consult your doctor before beginning an exercise program. Use pedestrian crosswalks when available, obey all traffic laws, and if no sidewalks exist, walk against traffic. Wear proper footwear and reflective gear, and bring water with you while walking. Have fun!

Norwalk Community College (NCC) was the first public, two-year college established in Connecticut, the result of a merger between two institutions: Norwalk Community College and Norwalk State Technical College (NSTC).

Norwalk State Technical College was founded in 1961 with a mission of preparing graduates for immediate employment as engineering technicians in Connecticut's businesses and industries. Primary fields of study included engineering technologies, manufacturing, construction, data processing and communication.

The original Norwalk Community College was founded in 1961 as a municipal college. The institution was initially based at Brien McMahon High School in Norwalk. In 1966, control of the college passed from the City of Norwalk to the State of Connecticut. The college moved to a site on Wilson Avenue in Norwalk and became a member of the Connecticut system of higher education.

In June 1989, groundbreaking officially took place for a new, permanent campus. The new facility on Richards Avenue was completed in time for fall semester classes in 1991.

The NCC and NSTC campuses were both located on Richards Avenue, directly across the street from each other. On July 1, 1992, NCC and NSTC merged to become a comprehensive, public two-year college known as Norwalk Community-Technical College.

In 2000, Norwalk Community-Technical College was

renamed Norwalk Community College to better reflect the institution's role as a community resource and partner in the prosperity of Fairfield County.

In 1999, the NCC West Campus was expanded to include the William H. Schwab Center for Information Technology. In 2010, the college broke ground on another expansion project: the Center for Science, Health and Wellness. This 55,000 square foot facility opened in Fall 2011. It provides a new home to the growing Exercise Science, Nursing and Allied Health Division programs and state-of-the-art laboratories and classrooms for the science programs. The center also includes a Health and Wellness Center, studios, and simulated hospital patient care rooms.

In 2014, the Wellness Committee was established at NCC. The Wellness Committee provides appropriate health and wellness guidelines and recommendations to assist with positive and well informed lifestyle modifications for the NCC campus and associated individuals, while acting as role models for the Norwalk community. One of the Wellness Committee's first initiatives was to establish a walking path around the campuses that allows the NCC community to incorporate physical activity into their daily routine, even if it is only for a short walk. The path begins at the entrance to the Health and Sciences building on the West Campus and follows the perimeter of the parking lot around both campuses. The path is approximately 1 mile long and provides a great, accessible means of exercise for the immediate NCC community and the

surrounding community, as well.

Norwalk Community College offers 45 Associate Degree and 26 Certificate programs, and is accredited by the New England Association of Schools and Colleges (NEASC). For more information about NCC, please visit www.norwalk.edu.

Compiled by Nicole Hafner, 2016





Healthy4LifeCT

For more information about NorWALKer Routes, call (203) 854-7776 or visit www.healthyforlifeproject.org



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