

MENTAL HEALTH WALK

GUIDED ROUTE



← IKEA



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ATLANTIC GREEN

Ready? Grab a friend or a sweet treat from Kilwins and stroll to Atlantic Green. It's the perfect location to relax and enhance your mood with a healthy dose of sunshine.

3

MILLENNIUM GATE

After you've enjoyed those immersive art pieces, continue up Atlantic Drive and take a right on 17th Street and cross State Street. Use the crosswalk to safely cross to the Millennium Gate Museum and take the sidewalk to the left of the museum.



1

'WHAT LIFTS YOU?' MURAL

Head towards Azotea on West District Avenue and spot the "What Lifts You" mural created by Kelsey Montague. Take a moment to envision yourself swinging under a big tree in the fresh air and remind yourself of the things and people that inspire you each day. Look for the 4 hidden images representing Atlantic Station and Georgia - a heart for The Heart of ATL, Atlantic Station Skyline, Smokestack for Atlantic Station's steel mill history and the butterfly of Georgia, the tiger swallowtail.

2

'HEART OF ATL' MURAL

Next, take a right down 18th street and then turn left on Atlantic Drive. Keep walking until you spot the "Heart of ATL" mural by Caleb Morris. See if you can spot all the Atlantic Station specialties like a big pizza, man walking his dog, mixed cuisine and fun activities to do here.

5

FOUNDRY PARK

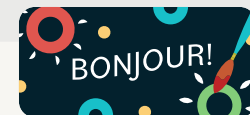
Once you've eased through Ellipse Pond, take a right to cross the bridge towards the crosswalk near Mecaslin Street NW. Safely cross the street and turn right down 17th Street back towards Millenium Gate. When you arrive to State St, turn left to enter the calming shade of Foundry Park. While you are here we encourage you to have a seat on the bench, check out the mighty Smoke Stack and relax your mind for a minute or two.



6

'POPS OF POSITIVITY' MURAL

As your journey winds down, continue up State Street, use the crosswalk by Target to cross over State Street, turn left and continue until you reach our Valet. Safely make your way across the street towards the retail district. If you look to your right and then to your left, you will find a special message from @Artsy_Elaine, located on the walls by Sri Thai and Yardhouse, that we hope bring a smile to your face.



END
HERE

BACK TO ATLANTIC GREEN

Once you've ventured through the route, make your way up 19th St and turn right onto West District Avenue to arrive back to Atlantic Green. As you arrive back to where you started, we hope you feel refreshed and ready to finish out your day strong. Remember - this route can be utilized whenever you need to step away from a stressful day or simply want to get out into the sun. We encourage you to make this a resource in your day-to-day life at Atlantic Station.

