

# THE NOVA SCOTIA ENVIRONMENTAL HEALTH CENTRE

Contributed by Anne MacDougall-Croft

30 minutes

There are a couple of routes that the staff walk out here. One is to walk up Lake Thomas Drive (the main drag outside the Centre) to Sobey's Plaza. It is about 15 minutes one way so some staff walk up there during lunch. Another route with less traffic is Miller Lake Road. It is a street on the left of the Centre. It takes about 10 minutes one way up a very steep hill. You can also walk around the subdivisions up there. It tends to be my favorite since it is quieter and a good workout walking up the steep hill.

