



# National Walking Day

## April 4, 2018

Join us as we “Walk Out on Work” this Wednesday, April 4 to celebrate *National Walking Day*. Find a time and location that fits your work schedule and start walking!

<b>Main Campus</b>		
<i>Walk time</i>	<i>Start Location/Meeting Place</i>	<i>Est. Distance/time</i>
11:00 AM	Water Fountain, North of the SUB	20 minutes
<b>11:30 AM</b>	<b>Northeast of Scholes** Lead by President Stokes</b>	<b>1 miles</b>
12:10 PM	Mother Earth Fountain on Yale	30-45 minutes
2:00 PM	Lobby of CASAA	30 minutes
3:00 PM	Business Center Lobby	15 minutes

<b>North Campus</b>		
<i>Walk time</i>	<i>Start Location/Meeting Place</i>	<i>Est. Distance/time</i>
<b>8:15 AM</b>	<b>Health Science and Services Building (HSSB Westside Entrance) ** Lead by Dr. Roth</b>	<b>30 minutes</b>
9:00 AM	Innovation Discovery Training Complex (IDTC South Entrance)	30-40 minutes
10:00 AM	Domenici Center (New Building Entrance)	30 minutes
10:00 AM	Health Science and Services Building (HSSB Westside Entrance)	15 minutes
10:00 AM	PPD Service Building Entrance	30 minutes
10:00 AM	815 Vassar Dr. (Department on Neurosurgery)	15 minutes
12:00 PM	Nursing/Pharmacy Building	45 minutes
2:00 PM	Northside of Med2 Building	20 minutes

<b>South</b>		
<i>Walk time</i>	<i>Start Location/Meeting Place</i>	<i>Est. Distance/time</i>

<b>Other</b>		
<i>Walk time</i>	<i>Start Location/Meeting Place</i>	<i>Est. Distance/time</i>
1:00 PM	South Building Lobby	30 minutes

Questions?

Employee Wellness

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