

DEPAUW HEALTH: WELLNESS WALKS WITH HRH



AT WORK

FIRST THURSDAY OF EACH MONTH, 2:00 P.M - 3:00 P.M
STARTS ON SEPTEMBER 7, 2023



Break up your day with a movement boost! Join us for a wellness topic and a quick mile walk. Appropriate for all fitness levels. Let us know if you plan on joining.

Location: Lilly Center Lobby, weather permitting.
Adverse weather moves walk to Indoor Track and Tennis Facility.

Questions? Please contact Nicholas Galley, Certified Health and Wellness Coach, at nicholas.galley@hendricks.org by scanning the QR code above.