



Join your colleagues, friends and campus community for an energized mental and movement break!



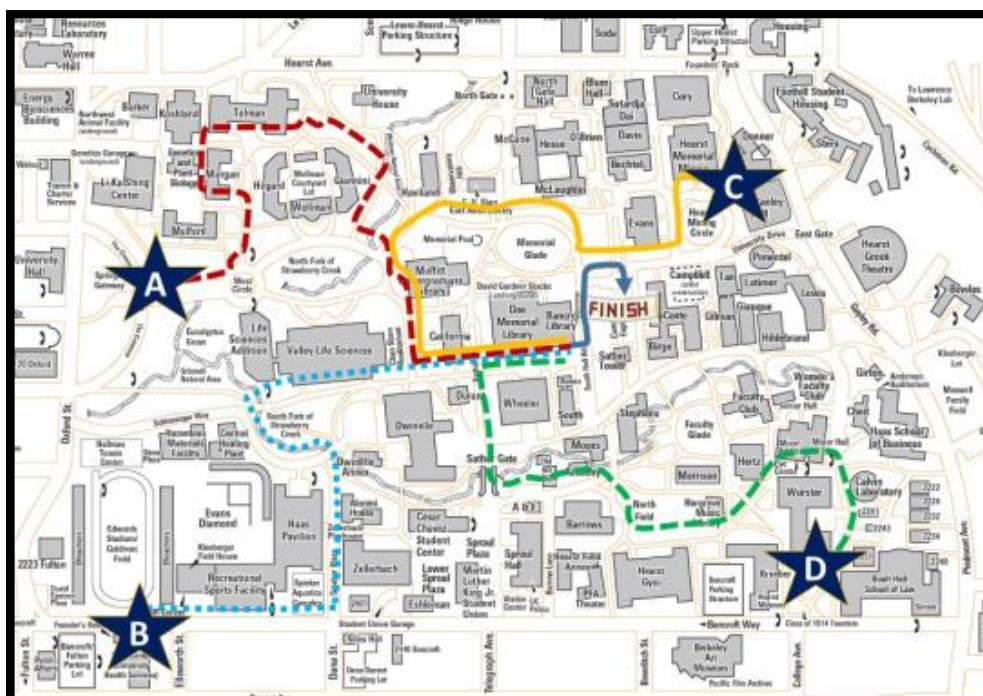
Thursday, June 4
12:10-1pm



Check the UC Moves Map for where to meet for your walking route!



Registration



Email wellnessfacstaff@berkeley.edu if you have additional questions.



Be Well at Work
Faculty/Staff Wellness