

Clark College Wellness Team Walk Schedule



The Clark College Wellness Team includes, *left to right*, Steve DaMassa; Vanessa Neal; Guisela Eberle; Tahnya Huneidi; Veronica Brock; Darci Feider. Not pictured: Rebecca Benson and Julie Taylor.

Join your Clark College Wellness Team in celebrating SmartHealth Week, an annual celebration of health and wellness, June 5-11.

We will be waiting for you near the Chime Tower and will start walking promptly at the times listed below. Remember, you can join us on the college's Penguin Pathway at any point during a walk (search for the blue shirts). Invite a fellow Penguin to walk with you!

As supplies last, there will be SmartHealth giveaways for those who join us.

Scroll down for next week's activity schedule and remember, your wellness matters!

New to SmartHealth? See what it is about by watching the SmartHealth How-To video.

Walk Schedule

Note: All walks start at the Chime Tower.

Monday, June 5

- 10:00 a.m. – 10:15 a.m.

- 2:00 p.m. – 2:15 p.m.

Tuesday, June 6

- 12:15 p.m. – 12:30 p.m.
- 2:00 p.m. – 2:15 p.m.

Wednesday, June 7

- 11:00 a.m. – 11:15 a.m.
- 4:30 p.m. – 4:45 p.m.

Thursday, June 8

- 10:00 a.m. – 10:15 a.m.
- 2:00 p.m. – 2:15 p.m.

Friday, June 9

- 12:00 p.m. – 12:15 p.m.

Photo: Clark College/Jenny Shadley