



Employee Wellness Program



The USU Walking Club

... Starts Wednesday, October 10th

and continues every Wednesday from 12:00 – 1:00 pm. We will start our walk on the Fieldhouse Track, and then continue around our beautiful USU campus (weather permitting). All fitness levels are welcome. Wear comfortable shoes and clothing. Come for the exercise, for conversation, to relieve stress, or to enjoy some fresh air. Come alone, or bring a friend. This new program is coordinated with the Campus Recreation staff. Hope to see you all there.

As a little bonus, employees can document their progress, and earn points towards cash prizes. Simply log on to: www.MyRegence.com and start walking your way towards wellness.

Aloha and Be Well!
Caroline Shugart
Employee Wellness Coordinator

