



# WARHAWKS

# in Motion!

Stretch, Walk & Keep the Momentum Going!

A QUICK MOVE BREAK FOR YOUR BODY & MIND



**TUESDAY, JULY 21, 2026**



**11:30 AM**



**MEET AT THE FOOD TRAILER**

Wyman Pedestrian Mall  
(across from the water feature)



Move More. Feel Better. Keep the Momentum Going!

## WHAT TO EXPECT:



**10-MINUTE GUIDED STRETCH**  
to loosen up and feel your best



**EASY, ALL-ABILITIES WALK**  
around campus



**A CHANCE TO GET MOVING, RECHARGE & CONNECT!**



**Everyone is Welcome!**

Whether you're participating in Warhawks in Motion or simply looking for a reason to get outside and move, we'd love to have you join us!



### FOOD TRAILER!

Serving lunch on the Wyman Pedestrian Mall from 11:00 AM - 1:00 PM.

Grab a bite after the walk!



### RAIN LOCATION:

University Center (UC), near the Information Desk



### SMALL STEPS. BIG IMPACT.

Move more. Feel better. Keep the momentum going!

**YOUR WELL-BEING MATTERS.** Thank you for all you do!