

Walk with a Well-being Champion



Join our university Well-being Champions for a 30-minute walk at 12:30 p.m. starting Tuesday, May 2 through Wednesday, June 7 on select dates each week. The walks provide an opportunity to take a break during the workday, meet other NU colleagues, and enjoy the outdoors.

Scan the QR code below to join the well-being mailing list and receive the weekly schedule each Monday!



Note: Walks will not be held in cases of inclement weather