The Oval, at the heart of the campus, is a favorite place for relaxing and meeting friends.

Did You Know
Positive thinking, staying mindful, and deep breathing can reduce stress and uplift mood.

Wellness Tips
• Read a positive book for five minutes each morning.
• Practice staying in the present moment.
• Take five deep breaths when feeling stressed.

Track Your Progress
Sidewalk markers indicate .2 miles.

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