

# October is Exercise is Medicine Month

## YOGA

In the Commons

Free!

**Mon @ 11:45 – 12:15**  
**Thur @ 2:30 – 3:00 PM**

**Come as you are!**  
**Mats provided**

**Bring a friend**

*Physical Activity Events at the*  
**MANITOWOC CAMPUS**

Exercise  
is Medicine®  
On Campus

## WALK

Start at the Phoenix

Free!

**Tue @ 12:30 – 1:00**  
**Wed @ 2:30 – 3:00**

**Come as you are!**

**Bring a friend**

*Let's move more, move well, and move together*