

Northeastern Walks

Invest in your health. Walk with your colleagues at lunch.

Invest in Your health!

Participate in a guided walking tour on **Tuesday, July 22**, rain or shine. Explore the different neighborhoods around one of Northeastern's campuses.

Click [here](#) to sign up for a walk near your campus in Boston, Charlotte, Dedham, Nahant, or Seattle!

Northeastern Walks will include guided tours in and around the Boston campus; the **Guided Tours** depart the **Library Quad** (rain location: **Lobby of Matthew's Arena**) at 11:30 and 12:15:

- The Emerald Necklace Conservancy will lead tours of the **Back Bay Fens Victory Garden** and **Rose Garden**
- Learn about the beauty of the Boston campus **with Chuck Doughty, Director of Landscaping and Grounds**
- Walk through the **Southwest Corridor Park** with colleagues

Stop by the Library Quad (rain location: **Lobby of Matthew's Arena**) between 11:30 and 1:30 for **Health Information** which will include:

- **Healthy You** programs, including the Virgin Pulse walking program
- A derma scan to assess your skin health; receive free sunscreen
- Smoking cessation resources

Gifts and Raffle Prizes: Customized Walking Shoes!

On July 22, everyone who participates in a guided walk, signs up for Virgin Pulse, and/or completes an assessment of their skin health will:

- Automatically be entered into a raffle for walking shoes made just for you
- Select a Northeastern T-shirt, hat, or Frisbee
- Receive HealthMiles

Earn up to \$300/Year!

Participate in the *Healthy You* Virgin Pulse walking program and earn up to \$300/year.

- Wear a GoZone, a digital pedometer, and earn health cash
- Lost your GoZone? Need a new battery? Contact HRM Customer Service: 617.373.2230
- Not yet a member, click [here](#) to learn more about Virgin Pulse and sign up today

Rain or shine, wear your walking shoes and bring a colleague to **Northeastern Walks**; it's all for a **Healthy You!**

