



Department of Medicine
UNIVERSITY OF WISCONSIN
SCHOOL OF MEDICINE AND PUBLIC HEALTH

DOM STAFF WALKS FOR WELLBEING!

The DOM Staff Well-being & Professional Development Committee invites you to celebrate **National Wellness Month** with wellness walks at Picnic Point this August!

HIGHLIGHTS

One of the best things you can do to stay well is exercise for 30 minutes or more each day. Take a short break from your normal work routine for a 30 minute walk at Picnic Point lead by fellow DOM staff on one of two dates: **Friday, August 15, 1-4p.m.** or **Wednesday, August 20, 8a.m.-12p.m.**

LOCATION / PARKING

Meet us near the stone walls at the entrance to Picnic Point, or drive over and park at Lot 130, which is located at 2003 University Bay Drive. Visitors may pay for hourly parking with ParkMobile or at the payment kiosk located near the lot entrance.

SCHEDULE

You have several options! Guided walks will take place every 30 minutes on the hour and half hour the afternoon of 8/15/25 and the morning of 8/20/25. Be one of the first to arrive at each walk for **FREE giveaways!**

REGISTER BY AUG 13

Visit go.wisc.edu/zfwj16



*Friday,
August 15
1-4pm*



*Weds,
August 20
8am-12pm*



AUG 15 & 20
PICNIC POINT
2000 UNIVERSITY BAY DR
MADISON, WI 53705