

## Introducing Friday Walkaholics

Walking Hawks Club <walkinghawks@UHCL.edu>

Mon 8/9/2021 4:29 PM

To: Walking Hawks Club <walkinghawks@UHCL.edu>

Greeting, Walking Hawks!

Did you enjoy the ½ mile walk with the VP's? The Walking Hawks has come up with an exciting opportunity to help you reach your health, and wellness goals. Our registration survey indicates that Walking Hawks members enjoy walking on Fridays so, we came up with "Friday Walkaholics."

Meet us every Friday at 5:30 pm in front of the Bayou Building to go for a walk through the hike and bike trail. Our first walk will be on Friday, August 13. See you there!

Let's Get up, Get out and, Get moving!



Warm Regards,

Walking Hawks  
University of Houston - Clear Lake  
walkinghawks@uhcl.edu