



De Anza College Health Services



Invites All Students to

WALK-A-MILE

Who: All De Anza College Students

What: Walk-a-Mile together

Why: Increase physical activity, Maximize learning efficiency by providing more oxygen to your brain, Meet your peers, befriend Health Education Nurses, and possibly earn extra credit points in your classes!

When: Tuesday, Wednesday, Thursday 11:30 am – 12:30 pm

Where: De Anza College Track

How: Just drop in between 11:30 – 12:30 and walk!!