

OCTOBER

19.2022



the
MINDFUL
mile



TIME FOR A WELLNESS BREAK!

Join us on **October 19th** from **1-5 pm** to part-take in the **Mindful Mile** event.

We have selected two routes for you to do. Choose between the **North or South** side of the campus.

The event will start and end at the **Community Commons** (look for the balloons).

Once you complete the Mile, join us at Starbucks to get your picture taken and receive a dollar off coupon to use on the following **MINDFUL DRINKS** (valid for only 24 hours Oct 19th- Oct 20th):

HOT OPTIONS:

- **Denver Smog Tea** (your choice of milk, earl grey tea, and vanilla syrup (sugar-free alternative))
- **Mindful Misto** (half drip coffee with steamed milk of your choice)
- **Pumpkin Spice Latte**

COLD OPTIONS:

- **Crimson and Gold Tea** (passion tea mixed with unsweetened lemonade)

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To show completion of the race, participants

must:

- **Pick up their coupon at the start of the race**
- **Choose their route**
- **Walk, Run, or Jog the route**
- **Finish at the Community Commons 1st floor, receive a sticker for completion of the race**
- **Take a picture and enjoy your beverage**

South Route (1.0 miles) - look for the yard signs

Start your walk at the Community Commons, go through the bridge and go past the following buildings: Anderson Academic Commons, Evan Memorial Chapel, Josef Korbel School of International Studies, and Iliff School of Theology to your right; Nagel Hall, and Hilltop Apartments to your left. Finish up at The Newman Center. Head back to the Community Commons.

North Route (1.2 miles) - look for the yard signs

Start your walk at the Community Commons, and go past the Morgridge College of Education, Colorado Women's College, and Sports fields to your left. Finish up at the corner of Centennial Towers or at the University of Denver sign and head back to the Community Commons.