



USFSP WELLNESS CENTER  
COUNSELING SERVICES PRESENTS:

# THE MINDFUL MILE

TUESDAY MARCH 10TH 12:00PM



MEET AT SLC PATIO

Join us for an  
intentional walk  
around campus pausing  
throughout for brief  
mindfulness activities

SPECIAL  
GUEST:  
SNOWBIRD!

FOR REASONABLE ACCOMODATIONS, PLEASE EMAIL [SCIRCELLI@USF.EDU](mailto:SCIRCELLI@USF.EDU)