

Active Minds, Counseling Services & Student Life  
*present*

The 3rd  
Annual

# Walking for Wellness

## GOING FOR GRIT

**Thursday, April 18**

**10 a.m. - 1 p.m. | ACC Courtyard**

Take a healthy break and join us to learn about grit!

*Giveaways & Snacks*



***Rain Out Date: Thursday, April 25***



For more information, contact:  
Jennifer Shimek, [jshimek@alvincollege.edu](mailto:jshimek@alvincollege.edu)