

MONDAY MILE START/FINISH

ONE MILE CLOSER TO BETTER HEALTH



**Healthy
Monday**
Syracuse
healthymonday.syr.edu

UPSTATE
MEDICAL UNIVERSITY

MONDAY MILE

0.25 MILES

A HEALTHIER YOU STARTS HERE



Healthy Monday
Syracuse
healthymonday.syr.edu

UPSTATE
MEDICAL UNIVERSITY

MONDAY MILE

0.5 MILES

A HEALTHIER YOU STARTS HERE



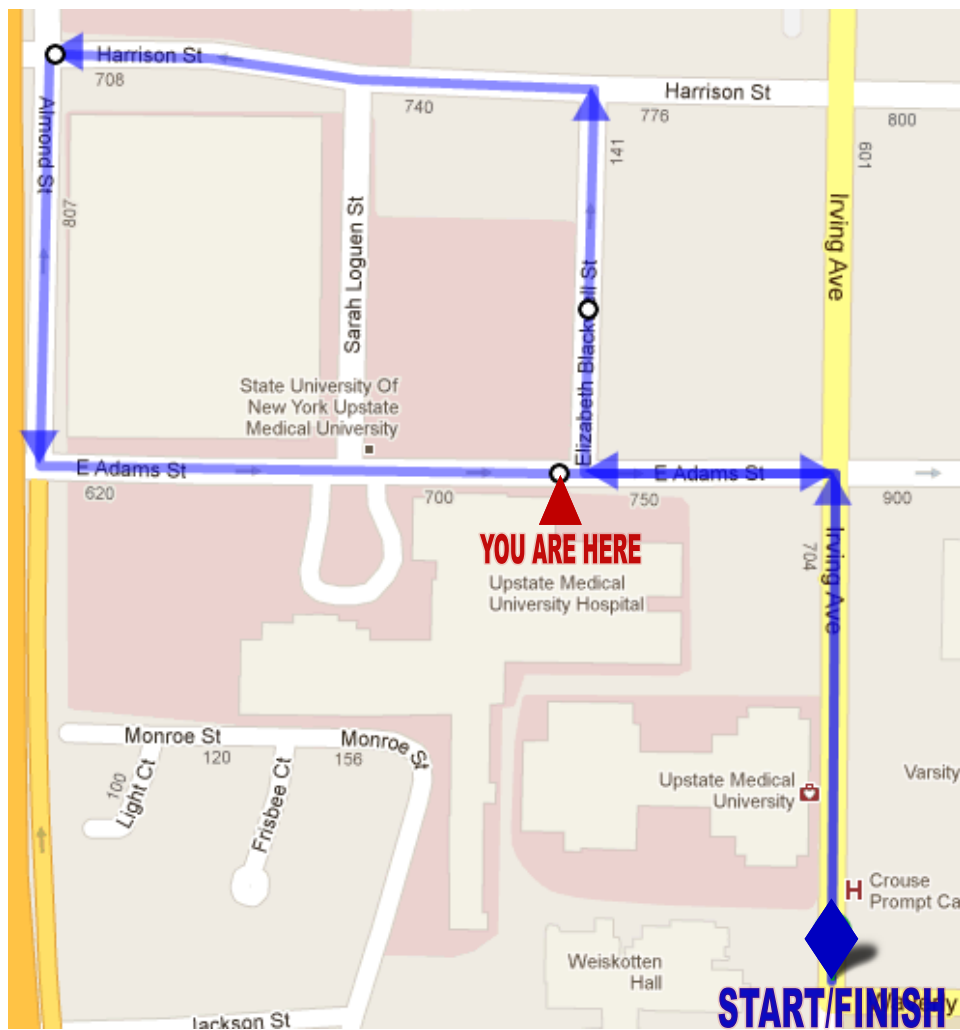
Healthy Monday
Syracuse
healthymonday.syr.edu

UPSTATE
MEDICAL UNIVERSITY

MONDAY MILE

0.75 MILES

KEEP UP THE GOOD WALK



Healthy Monday
Syracuse
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UPSTATE
MEDICAL UNIVERSITY

MONDAY MILE



KEEP UP THE GOOD WALK

Healthy
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UPSTATE
MEDICAL UNIVERSITY

MONDAY MILE



KEEP UP THE GOOD WALK


Healthy
Monday
Syracuse
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UPSTATE
MEDICAL UNIVERSITY

MONDAY MILE

UPSTATE
MEDICAL UNIVERSITY

**YOU ARE NOW ONE MILE
CLOSER TO
BETTER HEALTH!**

Healthy 
Monday
Syracuse

healthymonday.syr.edu