



 **EMPLOYEE WELLNESS**  
LIVE WELL. WORK WELL.

# UTRGV Walking Groups

## “Catch the Wave”

Organizational Development & Training is pleased to announce the **UTRGV Walking Groups “Catch the Wave”**.

Join us for a **15-minute walk Monday through Friday** at the designated times and meeting points below. If you cannot make it to the meeting point, don't worry! Just *catch the wave* along the designated route and aim for 15 minutes walking.

Site: [Harlingen](#)

<b>Day/Time</b>	Tue, Thu 10:00 a.m.	M, W 2:00 p.m.
<b>Meeting Point</b>	HCEBL Main Entrance	HCEBL Main Entrance
<b>Walk Leader</b>	Eddie Manriquez	Eddie Manriquez

Site: [Edinburg](#)

M-F 10:00 a.m.	12:15 p.m. ( <i>Wed. Only</i> )	M-F 12:45 p.m.	M-F 2:00 p.m.	M-F 5:15 p.m.
ELIBR (N. Entrance)	Bronc Trail by ELABS	EMEBL (W. Entrance)	ESTUN (S. Entrance)	EUNFS
Debbie McMillin	Marilyn Hagerty	Veronica De Hoyos	Carla Lopez	Edna Munoz

UTRGV Site: [Brownsville](#)

M-F 10:00 a.m.	12:00 p.m. (Mondays Only)	Thu 12:15 p.m.
Main Courtyard	ELHSB	Main Courtyard
Mario Torres	Luz Maria Silva, MSN, RN & Dania Ochoa	Dr. Ulku Karabulut

For more information or special accommodations, contact: