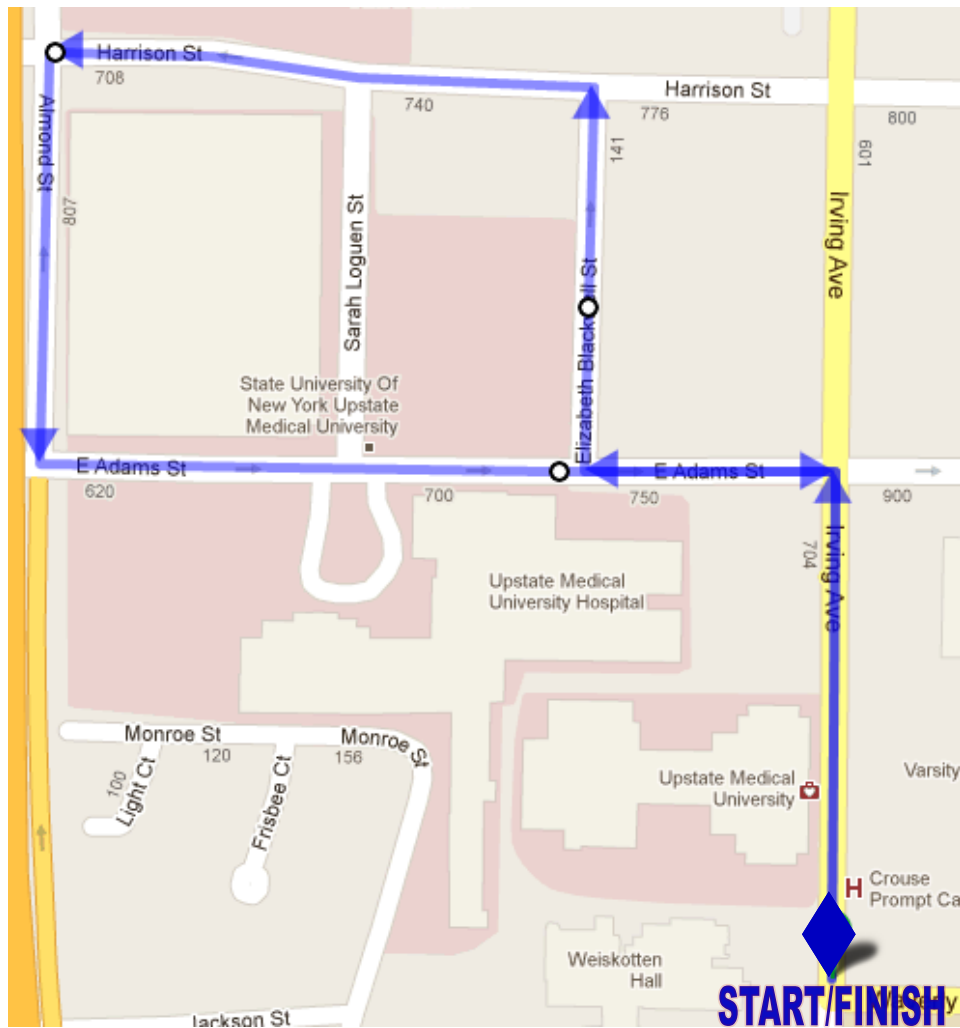


MONDAY MILE START/FINISH

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



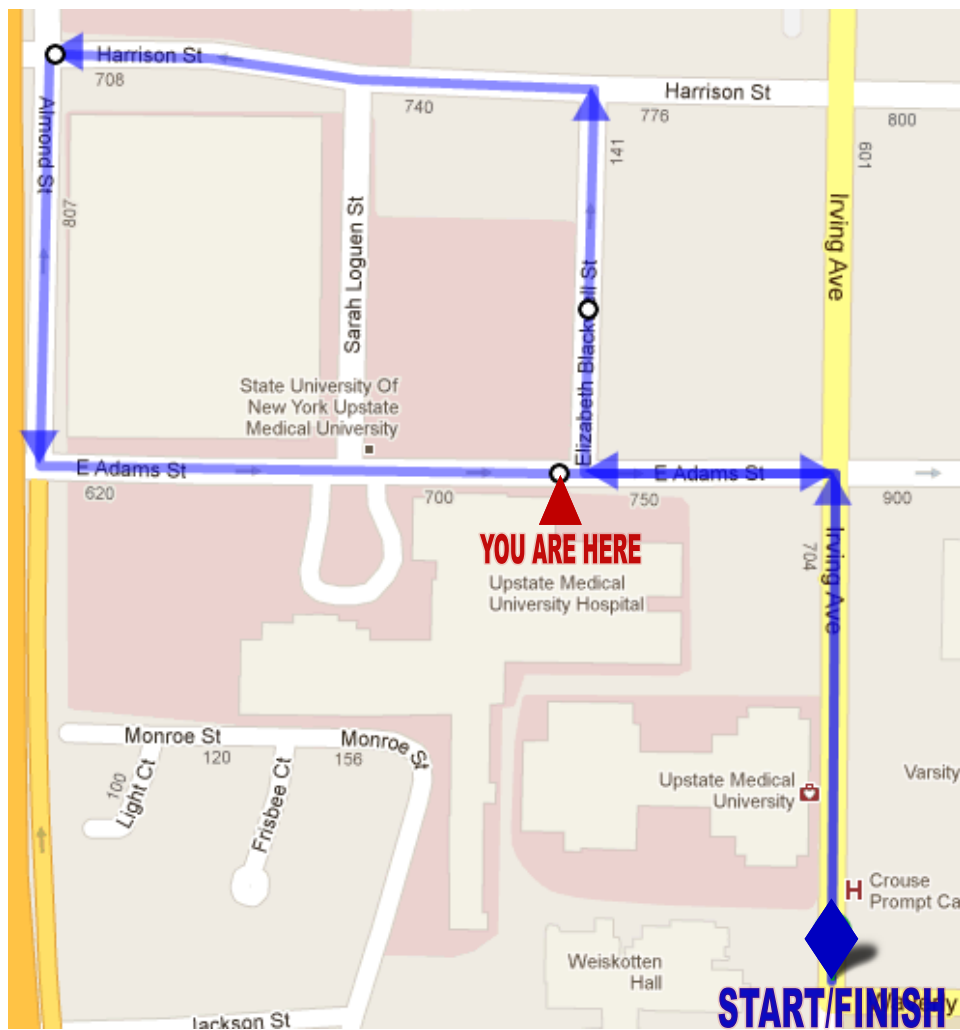
Healthy Monday
Syracuse
healthymonday.syr.edu

UPSTATE
MEDICAL UNIVERSITY

MONDAY MILE

0.75 MILES

KEEP UP THE GOOD WALK



Healthy Monday
Syracuse
healthymonday.syr.edu

UPSTATE
MEDICAL UNIVERSITY

MONDAY MILE



KEEP UP THE GOOD WALK

Healthy
Monday
Syracuse
healthymonday.syr.edu

UPSTATE
MEDICAL UNIVERSITY

MONDAY MILE



KEEP UP THE GOOD WALK


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

UPSTATE
MEDICAL UNIVERSITY

MONDAY MILE

UPSTATE
MEDICAL UNIVERSITY

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

Healthy 
Monday
Syracuse

healthymonday.syr.edu