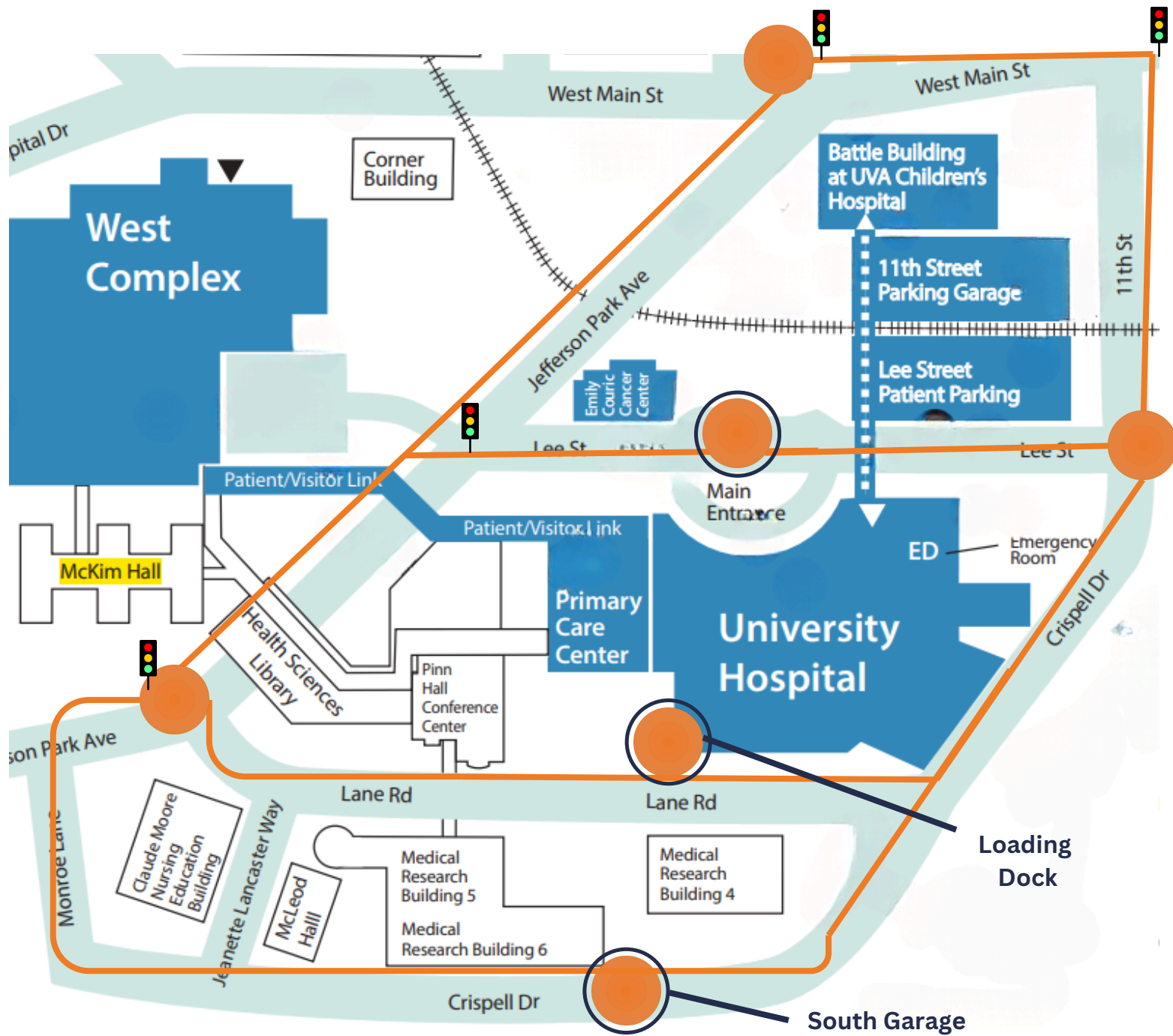
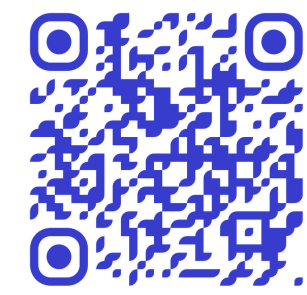


# Nurses Walk for Wellness

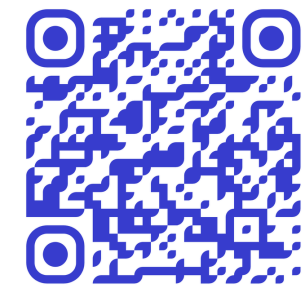
## University Hospital-Outside Route



Square Breathing



Gratitude Pause



Tension Release Exercise