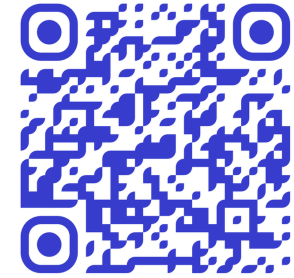
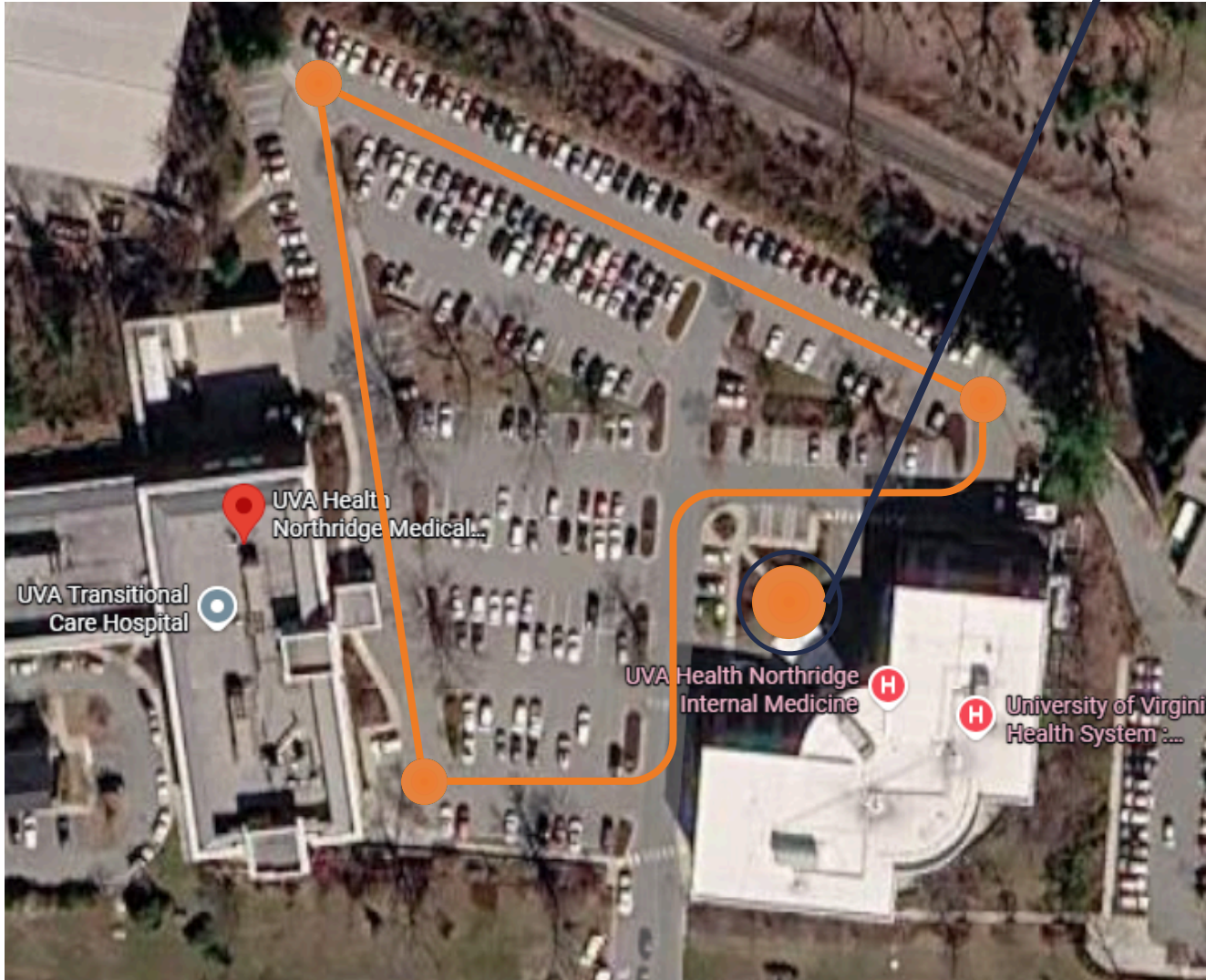
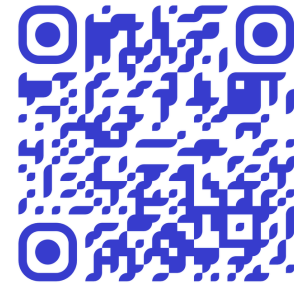


# Nurses Walk for Wellness Northridge Medical Park-Outside Route

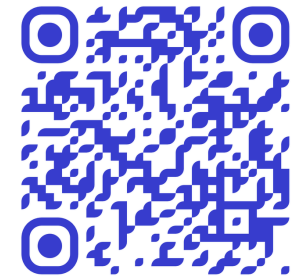
Building  
Entrance



Tension Release  
Exercise



Square Breathing



Grounding Exercise