



# Mind. Body. Soul.

**The  
Heart  
Walk  
2023**

FEBRUARY IS AMERICAN HEART MONTH

Walk 10 minutes – wherever you are.  
On-campus: Meet at Administration Bldg facing the mall.

**February 10 at 10 am.**

Wear red. Post a picture [#utheartwalk](#)



LivingWell make it  
a priority  
THE UNIVERSITY of TEXAS SYSTEM™