

# Stressed?

## COME OUT AND RUN!

# BYU

What can running do for you?

- Help manage stress
- Improve health
- Build strength and fitness
- Help keep life in balance
- Give your brain a break!

Come to our monthly meetings  
and learn from our fantastic  
guest speakers



### MEETING

This Thursday  
November 15<sup>th</sup>

6:00 pm  
285 SFH

### RUNNING TIMES

5:00 pm M-F  
7:00 am T&Th  
SFH Entrance  
(by the Track Offices)

# RUNNING CLUB

MORE INFORMATION AT [HTTP://RUNNINGCLUB.BYU.EDU](http://runningclub.byu.edu)