



JOIN THE MOVEMENT!

BEYOND THE CAR

Building a Healthier, Happier University Park.

**RETHINK TRANSPORTATION. IMPROVE HEALTH.
STRENGTHEN COMMUNITY.**

WHAT: An interactive & interprofessional workshop during GSU Wellness Week!

WHO: GSU OT & PT Students

FOR: GovState Students, Staff, Faculty,
& UP Community Members

KEY TAKEAWAYS:

- Learn how transportation impacts your health, wallet, & stress levels.
- Discover practical solutions for safer streets & better transit.
- Brainstorm with neighbors & make your voice heard!
- Enjoy fun activities and leave with a clear plan to take action.

DATE & TIME: September 19, 2025 | 4:00 PM

LOCATION: Engbretson Hall

Brought to you by the Governors State University Department
of Occupational Therapy & Physical Therapy