I am pleased to announce that Faculty Teaching and Learning Center is launching the **Pedometers and Pedagogy** program.

Springtime is around the corner! We all know that getting outdoors and exercising are good for both our bodies and our brains, but we also know how hard it can be to get away from the desk to take that walk or even just to stretch and breathe deeply!

The Faculty Teaching and Learning Center is now offering you an excuse to get outside and walk while talking about teaching. We will meet in front of the WSL Library every Wednesday and Friday at 10:00 a.m. (Starting on Wednesday, January 29th, ending on Friday, March 14th) for a 30-minute walk around campus that provides an opportunity to share teaching ideas and talk about teaching challenges. Charlene Hu or Shiree Martinez will be your "walk and talk" leader. You can bring a teaching question with you or we will provide topics for discussion as we walk.

If you are interested, we will provide a pedometer for you to use. Please RSVP by emailing Chris Shiery at cshiery@csub.edu by January 24th so we can purchase pedometers for you.

**New Days Added!**

**Fridays**

10:00 – 10:30am