



Welcome to The URBAN Trail!

The URBAN trail was created by and for USF students, faculty, staff, alumni, and community.

Why is it called the URBAN Trail?

The URBAN Trail is named after Hal Urban, a USF Alumnus, USF basketball player and USF professor. The trail content is based on his 2021 book: *The Power of Good News: Feeding your Mind with What's Good for Your Heart*. Berrett-Koehler Publishers.

Purpose of the URBAN Trail

To encourage finding your good news, increase mindfulness, and increase physical activity to improve your mind, body, and spirit (*Cura Personalis*).

“Good news is anything that you see, hear, or read that makes you feel good.”

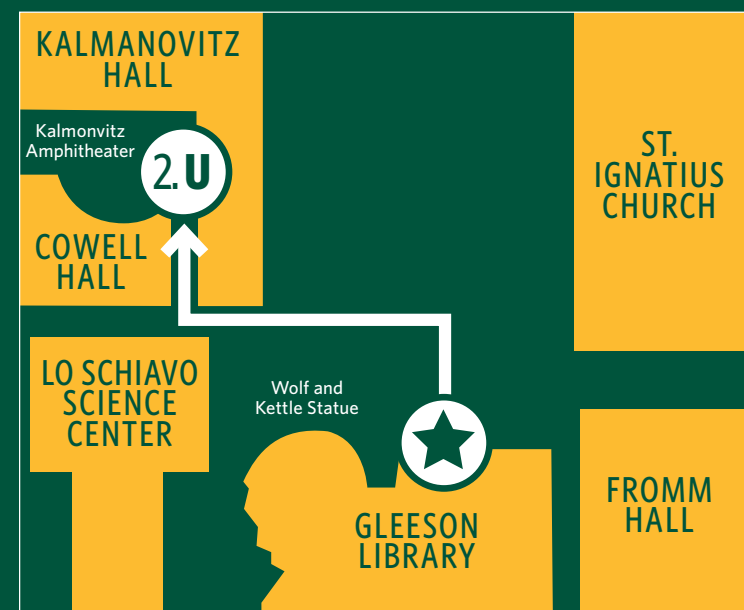
- Hal Urban



Scan here to learn more about *Cura Personalis* and the Wolf and Kettle Sculpture!

NEXT STOP:

2. U = U, Kalmanovitz Amphitheater



★ You Are Here

Let's begin by setting an intention to find our own good news...

Urban, H. (2021). *The Power of Good News: Feeding Your Mind with What's Good for Your Heart*. Berrett-Koehler Publishers. For more information see: www.halurban.com