We are standing at the letter N. N stands for Nourish.

As Hal Urban said, “Good news usually comes from life going on all around us!” University of San Francisco is a place where we can truly achieve Cura Personalis: care of the mind, body and spirit.

We asked our University of San Francisco community how they achieve Cura Personalis here on campus. Here are a few of our favorite responses:

- Observing the seasonal changes at the Peace Garden
- Walking the Lone Mountain Steps and watching the sunrise from the top
- Visiting the Multi-faith Meditation Room
- Hanging out on Welch field with friends on a sunny day

We hope that walking the URBAN Trail becomes one of your favorite ways to get nourishment at USF!

Continue on the URBAN trail to our final stop, the St. Ignatius Bell Tower. Take time to notice the beautiful architecture on the outside of the church.