August Happenings

Woodland Tomato Festival

- Saturday, August 8, 9:00-2:00
- Main Street, Downtown Historic Woodland
- Celebrate the Yolo County tomato! Salsa contest, tomato tasting, gardening advice, "Iron Chef" style competition, live entertainment. All
Fun with Zumba

Thursday, August 13, 12:00-1:00, Multi-Purpose Room, Student Community Center, Davis

Zumba is a fun and simple fitness class that uses high energy Latin/International music and easy to follow dance moves to utilize the principals of aerobic/fitness interval training and resistance training. With a combination of fast and slow rhythms that tone and sculpt the body, Zumba is the "feel-happy" workout you have been looking for.

Instructor; Barbara Nicholas

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Hawks, Honkers and Hoots

Thursday, August 13, 6:15-8:00, Stephens Branch, Davis Library

Nature and You Lecture Series
Presenter: Kelli Moulden

Learn about raptors and waterbirds. LIVE BIRDS WILL BE INCLUDED WITH THIS LECTURE. Please do not wear anything with fur or feathers on it and do not bring food.

LEARN MORE  RSVP at Meetup or email at mhanson@tuleyome.org
**Meditation at UCDHS**

- Monday, August 17, 12:00-1:00 pm
- Glassrock Building Room 7106
- Brenda Gustin, Ph.D., CMT, RYI

[LEARN MORE]

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**Conflict Resolution Tools Workshop**

- Wednesday, August 19, 1:00-4:00 pm
- Davis Campus
- Presented by the Ombuds Office
- Hamilton Classroom, Heitman Staff Learning Center
- Participants identify specific tools to address conflict constructively and engage in healthy conflict resolution. Participants in this interactive workshop learn how to identify, assess and address a conflict constructively. Participants explore a 3 stage model of how conflict escalates, identify the top ten workplace irritations, clarify 5 strategies of how to respond productively, distinguish specific conflict cues, and discover ways to manage one’s emotions.

[REGISTER ONLINE]

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**Mindfulness Practices for Mediators and Peacemakers**

- Wednesday, August 19, 6:00-8:30 pm
- Redwood Community Building, 1001
Anderson Road, Davis

- Presented by Yolo Conflict Resolution Center
- Led by Elvia Garcia, a long time mediation and facilitation practitioner with extensive experience in training and mentoring mediators and facilitators.
- **REGISTER ONLINE**

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**Reiki at UCDHS**

- Monday, August 24, 1:00-3:00 pm
- Main Hospital, Lower Basement, ASCU-G344
- Kathy Lorenzato
- Reiki is considered “energy work,” as opposed to massage, which is “body work.” It helps the recipient increase his/her natural energy to enhance relaxation, and promote the healing process. Reiki has been used in the UCD Children’s Hospital for the past 16 years to help children and their family members deal with pain, reduce stress, and increase their ability to cope with illness/injury and the rigors of hospitalization.
- **LEARN MORE**

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**Local Agritourism/UCDHS**
Tuesday, August 25, 12:00-1:00
Facilities Support Services Building (FSSB), Room 2020, UCDMC, Sacramento
Presenter: Penny Leff with UC Small Farm Program
Sacramento and Davis are surrounded by innovative farmers who grow delicious fruits and vegetables, produce excellent olive oil, wine, jams, juices, honey and other products, and who are happy to invite you to experience a little of farm life. Learn about local agritourism opportunities including U-Pick farms, tours, festivals, workshops, farm stays and farm stands.
LEARN MORE

Social Media...A Career Development Tool

Thursday, August 27, 12:00-1:00 pm, Hamilton Room, Heitman Staff Learning Center, Davis
WorkLife and Wellness Brown Bag
This workshop will provide an overview of how sites like LinkedIn, Facebook and Twitter work from a professional viewpoint. You will learn the basics for creating your profile, making connections, researching organizations and uncovering job openings.
Instructor: Andrea Weiss, M.S, N.C.C., M.C.C.
LEARN MORE
Succulent Surprises

- Saturday, August 29, 10:00
- Ruth Risdon Storer Garden, UC Davis
- Is your garden sizzling? Succulents can take the heat, even in mid-summer! See examples of succulents of all sizes in the Ruth Risdon Storer Garden and learn how to grow them in your home garden. The event is free; parking is available at no charge on the weekends along Garrod Drive near Storer Garden or in nearby Visitor Parking Lot 55.

LEARN MORE

Article of the Month:
Meaningful Misery...Embrace it!

READ MORE

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