Use the New UC Davis App TherMOOstat

- The Facilities Management Energy Conservation Office's new app/site allows staff, faculty and students to provide feedback on how comfortable their space feels.
Too hot in your office? Too cold? Give your input now! TherMOOstat

• LEARN MORE

Bloodsource Blood Drive

• Tuesday, November 3 and Wednesday, November 4, 10:00-5:00
  East and West Quad
• READ MORE

UCDHS Are you Getting your Zzzz’s? Sleep Soundly for Better Performance

• Tuesday, November 3, 12:00-1:00
• Facilities Support Services Building, (FSSB) Room 2030
• 4800 2nd Ave, Sacramento
• Learn the risks associated with a lack of sleep, test your skills on common sleep stealers, gain quick tips on how to get better sleep and create a personal action plan
• LEARN MORE

Estate Planning...A Workshop for Caregivers

• Thursday, November 5, 12:00-1:00
• Student Community Center, MPR
• WorkLife and Wellness Brown Bag
As part of National Family Caregiver month, we offer an overview of legal and financial planning tools specific to the geriatric population.

- Instructor, Teresa Carter Geoffroy, Esq.
- LEARN MORE

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Maintain Don't Gain is BACK!

- Most Americans gain an average of 1-2 pounds during the holidays. While this may not seem like a lot, these "bonus" pounds can add up over time. We’ve teamed up with UC Living Well and Kaiser Permanente to bring you a program to help you stay focused on eating healthy and fitting in exercise—so you can keep off those extra pounds.
- Eight-week program runs November 16 through January 8. Registration opens November 9.
- This year we are giving away a mountain bike for the final participant raffle!
- LEARN MORE

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To Carb or Not to Carb?

- UCDHS Nutrition
- Monday, November 9, 12:00-1:00, Main Hospital, ACSU, room G344 Sacramento
- Not sure what to think about carbs these days? This class is for you!
- Presenter: Maryam Nabavi, MS, RD
- LEARN MORE
UCDHS Designing your Financial Roadmap

- Tuesday, November 10, 12:00-1:00
- Facilities Support Services Building, (FSSB) Room 2030
- Instructor: Rand Erickson, Retirement Counselor, Fidelity Investments
- Workshop to better understand key financial principles, how to get your finances in order, and plan for your goals.

LEARN MORE

Reception to Honor Employee Veterans at UCDHS

- Tuesday, November 10, 5:00-7:00 pm
- Education Building, Third Floor Breezeway
- All health system faculty, staff, trainees and students are invited. Refreshments will be served and selected health system leaders will deliver remarks.

Resumes that Work

- Wednesday, November 18, 12:00-1:00
- Shared Services Center, Aspen Room 260 Cousteau Place, Davis
- Career Catalyst Brown Bag
- Instructor: Andrea Weiss

LEARN MORE
Therapy Fluffies

- Friday, November 20, 10:00-2:00
- Visit the therapy dogs at the MU patio to help de-stress your day.
- LEARN MORE

Savoring China: The Art of Brewing Tea

- Thursday, November 19, 12:00-1:00
- Room 1207 Robert Mondavi Institute, UC Davis
- The moment of brewing and drinking a cup of tea can be a profound spiritual experience. At this workshop, you will be introduced to the art of tea, including how to prepare a nice cup of tea, and how to appreciate Oolong tea, one of the best teas from China.
- REGISTER

Tellabration!

- Sunday, November 22, 2:30-5:30
- Odd Fellows Lodge, 415 2nd Street, Davis
- Event sponsored by the National Storytelling Network
Meditation at UCDHS

- Monday, November 30, 12:00-1:00
- Glassrock Building Room 7106
- Brenda Gustin, Ph.D., CMT, RYI

Article of the Month:

The Power and Pitfalls of the Holidays

"Happenings" is a monthly electronic update published by UC Davis WorkLife and Wellness. To remove your name from our mailing list, please click here. Questions or comments? E-mail us at worklife@ucdavis.edu. Visit our webpage at: worklife-wellness.ucdavis.edu