Can Your Dog Be A Blood Donor?

- If your dog is 1-8 years old, at least 55 pounds and in excellent health, he or she can be a blood donor for the Veterinary Medical Teaching Hospital. For more information email VeterinaryBloodBank@ucdavis.edu or
The Science of Happiness Online Course

Register Now, Class launches September 8!

“The Science of Happiness” is a free online course that explores the roots of a happy and meaningful life. Students will engage with some of the most provocative and practical lessons from this science, discovering how cutting-edge research can be applied to their own lives. Created by UC Berkeley’s Greater Good Science Center, the course zeroes in on a fundamental finding from positive psychology: that happiness is inextricably linked to having strong social ties and contributing to something bigger than yourself—the greater good. Students will learn about the cross-disciplinary research supporting this view, spanning the fields of psychology, neuroscience, evolutionary biology, and beyond. What’s more, “The Science of Happiness” will offer students practical strategies for nurturing their own happiness. Research suggests that up to 40 percent of happiness depends on our habits and activities. So each week, students will learn a new research-tested practice that fosters social and emotional well-being—and the course will help them track their progress along the way.

VMTH Doggy Dash 5K

- Monday, September 7, 7:45 am
- Davis’ Central Park
- Proceeds from race to benefit the Faithful Partner Fund at the UC Davis Veterinary Medicine Teaching Hospital.
- Also featured in Central Park will be:
  - UC Davis veterinarians and students answering animal health questions
  - UC Davis veterinary hospital information booth with children’s activities and games
  - Several other animal and health-related vendor booths
K-9 demonstrations
Food trucks
Live music
Health and fitness expo
Musical performance by citizens of Davis’ sister city of Inuyama, Japan

- LEARN MORE

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Mindfulness Meditation
Four Week Series

- Thursday, September 10, 18 (Friday), 24 and October 1, 12:00-1:00
- Vanderhoef Studio, Mondavi Center
- Presented by Dr. Beth Cohen, Occupational Health
- Learning Meditation/Mindfulness Techniques
- Strategies to Increase Health, Energy, Focus
- Methods to Manage Pain and Reduce Stress
- Beginners and advanced meditators welcome. You do not have to attend all classes in the series, courses can stand alone.

- REGISTER ONLINE

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UCDHS Caregiver Support Group

- Wednesday, September 16, 12:00-1:00 pm Cancer Center Auditorium 1100, Sacramento
- For the caregiver of a family member, this meeting will provide an overview of Del Oro Caregiver Resource Center’s services and resources. The following will be addressed:
  - What is available to me as a family caregiver?
How do I access the services needed including respite or legal consultation?
Is there help beyond the support groups I have already attended?
I am at the point of burnout; will this assistance provide any relief?
Presenter: Michelle Nevins, MBA, Executive Director of Del Oro Caregiver Resource Center
To RSVP please contact Marina Podoreanu at mpodoreanu@ucdavis.edu or 916-734-2760.

Continuing to Breastfeed when you Return to Work

- Thursday, September 17, 11:30-1:00
- Ticon III, Human Resources Training & Development Room 2400 Sacramento
- Workshop Includes:
  - Implications of CA State Law, AB-1025; the Affordable Care Act, and UC’s PPSM-84
  - How to establish a Breastfeeding Plan
  - Devise a “Return to Work” checklist” group activity
- Instructor: Shirley German, IBCLC, RLC, UC Davis WorkLife and Wellness Breastfeeding Support Program
- Please RSVP to mpodoreanu@ucdavis.edu or 916-734-2760.

Stress Release

- Thursday, September 17, 12:00-1:00,
Multi-Purpose Room, Student Community Center, Davis

- Stress weakens the immune system, causes weight gain, muscle tension, headaches, decrease in energy and motivation, and many other negative symptoms. This one hour workshop will give you the tools needed to enjoy your life as it should be...FREE OF STRESS!

Some of these all natural relievers include: guided imagery, breathing exercises, aromatherapy, and how to turn negative thoughts to positive.

- Instructor: Derika Faamausili

LEARN MORE

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Street Food Rodeo

- Friday, September 18, 5:00-9:00, Westlake Plaza, Davis
- 14 food trucks, live music, beer garden kid zone

LEARN MORE

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Winter Vegetable Growing for Yolo County

- Saturday, September 19, 9:30-11:00 am
- Central Park Garden
- Sponsored by Yolo County Master Gardeners
- The mild winters of Yolo County allow for year round vegetable gardening. This workshop will cover soil health, starting seeds indoors and when/what
crops are best planted for growing seasonal winter vegetables. Also covered will be general information as to what adding Sacramento River water to the Davis water system will mean for the home gardener.

- [LEARN MORE]

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**Thar be Dragon (flies)!**

- Sunday, September 20, 1:00-4:00
- Bohart Museum Weekend Day
- 1124 Academic Surge Building, Davis
- [www.bohart.ucdavis.edu](http://www.bohart.ucdavis.edu)

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**Meditation at UCDHS**

- Monday, September 21, 12:00-1:00 pm
- Glassrock Building Room 7106
- Each month we explore practical suggestions on how to live a radiantly healthy life. We learn how to have more energy and vitality, to be receptive, to be relaxed, to recharge the body, calm the mind, open the heart and to have positive, cheerful and wholesome attitudes. These workshops are for beginners who are just learning about meditation or for people who already make meditation their daily practice.
- Brenda Gustin, Ph.D., CMT, RYI
- [LEARN MORE](http://us3.campaign-archive1.com/?u=5d81bdcc1538ca0cf6d63708c&id=10949840ef&e=[9/2/2015 4:21:20 PM])

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**Are You Getting Enough Sleep?**

- [LEARN MORE](http://us3.campaign-archive1.com/?u=5d81bdcc1538ca0cf6d63708c&id=10949840ef&e=[9/2/2015 4:21:20 PM])
- **Wednesday, September 23, 12:15-1:00 PST Webinar**
  - Call-in number: 1-763-957-6300  Meeting Number: 643 000 580
  - Join us for this 45 minute webinar to learn about 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.
  - Questions? Sandy Wilson, Optum Wellness Specialist, sandy.wilson@optum.com
  - [REGISTER](#)

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**Bee Haven Lunch Drop-in**

- Friday, September 25, 12:00-1:30 pm, Bee Haven
- Find out about volunteer opportunities at the Haven and learn about honey bees.
- [LEARN MORE](#)

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**Butterfly Talk and Tour**

- Sunday, September 27, 10:00, Wyatt Deck, UC Davis Arboretum
- Join naturalist Steve Daubert in the Arboretum to explore the ecology and evolution of butterflies. Get a closer look at how the Arboretum functions as a butterfly preserve. All ages are welcome. The event is free; there is no charge for parking on the weekends in Visitor Lot 5, at Old Davis Road and Arboretum Drive.
- [LEARN MORE](#)
Article of the Month:
The Magic Walking Pill
READ MORE

"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