WHNR Seeking Participants for A Nutrition Study

- USDA, ARS Western Human Nutrition Research Center
- Seeking overweight women, ages 20-50 to participate in a research study
examining the metabolic and physiological signatures of people consuming different diets. The study will be conducted over a 12-week period. Benefits include prepared meals at no cost and financial compensation.

- LEARN MORE

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**UC Davis Farmers Market Season Kick-Off!**

- Wednesday, April 1, 11:00-1:30 and each Wednesday through Spring quarter.
- North Quad (no longer at Silo)
- For UC Davis students and the campus community, lunchtime on Wednesdays means access to fresh produce. Held at a new location on the Quad, the UC Davis Farmers Market connects Aggies with local growers. The market features free food samples, demonstrations by campus departments like the UC Davis Student Health and Wellness Center, and several vendors offering organic fruits and vegetables, honey, and olive oil.

- LEARN MORE

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**Exploring Academic Advising Careers**

- Thursday, April 2, 12:00-1:00
- Career Catalyst Brown Bag
- UC Davis Student Community Center Meeting Room D
- Instructor: Brett McFarlane and panel

- LEARN MORE
Introversion and Extraversion at Work

- Wednesday, April 8, 12:00-1:00
- Career Catalyst Brown Bag
- Research Park/UC Davis Extension, DaVinci Bldg., Room 18, 1632 DaVinci Court, Davis
- Instructor: Constance Stevens
- LEARN MORE

Brainfood Talk: "Pain: Medical and Social Controversies"

- Thursday, April 9, 12:00-1:00
- AGR Hall, Buehler Alumni Center, Davis
- Chronic, or persistent pain, is not only a personal health issue but a public health and economic challenge for our country. Dr. Scott Fishman will review medical and social issues concerning pain and its management. In addition, he will review the current state of prescription drug abuse and the responsible use of controlled substances.
- LEARN MORE

Día de los Niños / Día de los Libros Celebration
Saturday, April 11, 10:00-12:30  
"Passport to Culture"  
South Davis Montgomery Library Satellite  
A free celebration of children, families and reading! Crafts, Face Painting, Storytime, Performances, Prizes  
Sponsored by First 5 Yolo and the Friends of the Yolo County Library System  
**LEARN MORE** (all Yolo County Library sites will have celebrations in April)

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43rd Annual UC Davis Native American Powwow

- Saturday, April 11, 11:00 am-10:00 pm  
- East and West Quad  
- A program of the Cross Cultural Center funded by ASUCD, Office of Campus Community Relations, Student Affairs and partnerships with campus and community organizations.

**LEARN MORE**

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Family Stuff Swap

- Sunday, April 12, 10:00-2:00  All are welcome!  
- Community Center Room at "The Colleges"  180 Orchard Park, UC Davis  
- Drop Off M-F the week before at three campus sites as well as the morning of event.
Good karma says you should bring items to take items!

Sponsored by The UC Davis Child Care Advisory Committee, UC Davis Student Housing, Tandem Properties and The Women's Resource and Research Center.

LEARN MORE

UCDHS Talking With Your Child About Sex

- Monday, April 13, 12:00-1:00
- Facilities Support Services Building (FSSB) 2030
- UCDHS Brown Bag, Sacramento

This presentation is aimed toward parents of children in preschool through elementary school. You will explore the reasons why it is so difficult to talk to our children, why it is important to have an ongoing dialogue with your child about sexuality and learn practical tools on how to communicate through “teachable moments.” This presentation is designed to be interactive so bring your questions!

Instructor: Stephen Simonson, M.A., ASAP

LEARN MORE

Local Agritourism

- Thursday, April 16, 12:00-1:00
- WorkLife and Wellness Brown Bag
- Student Community Center, Multipurpose room, Davis campus
Instructor: Penny Leff, Small Farm Program

UC Living Well Incentive Webinar

- Thursday, April 16 12:15-12:45
- Learn about UC Living Well resources and how to earn $75.00!
- Scheduled for the third Thursday of each month. (Mar-May)

UCDHS Meditation

- Monday, April 20, 12:00-1:00
- UCDHS Glassrock Room 7106
- UCDHS Brown Bag, Sacramento
- For the 2015 Meditation Series, each month we will explore practical suggestions on how to live a radiantly healthy life. We will 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 can be for beginners who are just learning about meditation or for people who already make meditation their daily practice.
Take Our Daughters and Sons to Work Day DAVIS CAMPUS

- Thursday, April 23, 9:00-5:00
- Visit sites/activities throughout campus.
- Most sites are open, some tours require registration.
- Registration opens April 17, 10:00 am.

LEARN MORE

Take Our Daughters and Sons to Work Day UCDMC CAMPUS

- Thursday, April 23, 8:30-4:00
- UCDMC TODS registration is open. Tours fill-up fast, please sign-up by following this link: www.SignUpGenius.com/go/20F094AADA2EA4F58-ucdhs.
- Questions about the day’s events should be directed to 916-734-5335 or UCTODS@gmail.com

LEARN MORE

Dad's and Kid's Playdate

- Thursday, April 23, 5:00-7:00
- Communicare Health Centers, 215 West Beamer St. Woodland
- For dads with kids 0-5. Free dinner and raffle prizes.
WorkLife and Wellness April Happenings

- Sponsored by Yolo County Child Care Planning Council and Communicare
- RSVP: 916-403-2970 x 1706

Día de los Niños / Día de los Libros Celebration

- Saturday, April 25, 11:00-1:00 "Passport to Culture"
- Mary L. Stephens Davis Branch Library
- A free celebration of children, families and reading! Crafts, Face Painting, Storytime, Performances, Prizes
- Sponsored by First 5 Yolo and the Friends of the Yolo County Library System
- LEARN MORE (all Yolo County Library sites will have celebrations in April)

Stride for Aggie Pride 5K Run

- Sunday, April 26, 9:00-1:00
- The philanthropic fun run will be held at UC Davis and will allow for the participants to take a scenic route through the notable arboretum and other campus features along the way.
- All proceeds from the 5K Aggie Stride for Pride benefit the ASUCD Endowment
Say Goodbye to Your Lawn

- Tuesday, April 28, 12:00-1:00
- Cousteau Satellite, Shared Service Center Aspen Room, 260 Cousteau Place, Davis
- An overview of drought-tolerant plant selections. How to get started, what to plant, and how to water and care for your new landscape.
- Instructor: Don Shor
- LEARN MORE

The Basics: Memory Loss, Dementia and Alzheimer's Disease

- Tuesday, April 28, 6:00-7:30 pm
- South Natomas Library, 2901 Truxel Road, Sacramento
- This program will cover topics such as: symptoms and effects of Alzheimer's disease and other types of dementia; how Alzheimer's affects the brain; causes and risk factors; how to find out if it's Alzheimer's disease and the benefits of early detection; how to address a diagnosis of Alzheimer's disease; stages of the disease and treatment; hope for the future and ways the Alzheimer's Association can help.
- Registration is requested. Please call the Alzheimer's Association at 800-272-
*NEW* Article of the Month: "Don't Be A Desk Potato"

Prolonged sitting is detrimental to your health, even for those who regularly exercise...

READ MORE