UC Davis
WorkLife and Wellness

APRIL HAPPENINGS

Autism Awareness Month at UCDHS

April  Join the MIND Institute for observance of Autism Awareness Month in April. Learn about the most recent autism discoveries, and find out how you can help find treatments and cures. Includes films, lectures, discussions, fair and tour.

- Time and Date vary, click on the link
What on EARTH! Celebration

**April 2** This celebration includes local organizations, businesses and artisans who will be exhibiting products, demonstrations, crafts and services that promote healthy and sustainable choices. You can be sure to find fun, earth-friendly activities that the whole family will enjoy!

- 11:30 AM - 5:30 PM
- Heritage Plaza, 707 Main Street, Woodland
- LEARN MORE

16th annual Davis César Chávez Celebration

**April 3** Entertainment will be provided with dancing by the renowned UC Davis student group Danzantes del Alma Folklorico, Danza Azteca Quetzalcoatl-Citlalli and Mariachi Los Caporales.

- 2:00-4:00 PM
- Veterans' Memorial Center, 203 E. 14th Street, Davis.
- LEARN MORE
Meditation

**April 6, 13, 19 & 26** Please join Occupational Health Services for a four week lunchtime guided meditation class with Dr. Beth Cohen.

- **Time:** 12:00-1:00
- **Location:** Vanderhoef Studio Mondavi Center
- **Sign up through LMS** use "meditation" in search window.

Yoga for the Hip

**April 7** Focusing primarily on releasing tension in the gluteals, quadriceps and hamstrings will bring an overall state of ease, balance and tranquility to the body.

- **12:00-1:00 PM**
- **UC Davis Extension, Room 18, DaVinci Building. 1632 DaVinci Court**
- **Instructor:** Kia Meaux
- **LEARN MORE**

Early Childhood Preschool Fair

**April 9** Learn about preschool options for your child. Discover available services in Yolo County. Meet with providers and programs. (La Feria Preescolar tambien sera en español)

- **9:00-11:00 AM**
- **Mary L. Stephens Davis Branch Library, 315 E. 14th Street, Davis**
Acing the Interview

April 14  Tips and techniques to help you prepare properly, make a positive first impression, stay focused during the interview, and follow up in an appropriate manner.

- 12:00-1:00 PM
- Student Community Center, Room D
- Instructor: Andrea Weiss

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UCDHS Meditation

April 18

- 12:00-1:00 PM Glassrock Building, Room 7106, Sacramento
- 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.
- Instructor: Brenda Gustin, Ph.D., CMT, RYI
- LEARN MORE
Integrating Work and Family Support Group

**April 20, runs 5 weeks** ASAP (Academic and Staff Assistance program) is launching a new group to support female staff and faculty members who are interested in discussing ideas and strategies for integrating work, family and other responsibilities.

- 12:00 - 1:00
- ASAP, Guilbert House, 112 A Street
- Free. To schedule a brief intake appointment or to learn more, please contact Pilar Gonzalez-Grey or Terri Hiroshima-Chan at (530) 752-2727. Or email at pagonzalezgrey@ucdavis.edu or thiroshima@ucdavis.edu. Please do so by April 15.

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Easy Edibles

**April 21** Plants that give great fresh food without any special fuss.

- 12:00-1:00 PM
- Multi-Purpose Room, Student Community Center, Davis
- Instructor: Don Shor
- [LEARN MORE](#)

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Self Defense at UCDHS

**April 27** This workshop will present verbal and physical techniques to prevent and deal with potentially harmful situations. Participants will learn skills that can be used to decrease the risk of personal harm in a
number of situations, and physical techniques that can be applied by anyone to prevent injury if actually attacked.

- 12:00-1:00, Marriott Ballroom
- Instructor: Nikki Smith, Nurse with Patient Care Services and experienced Martial Artist/Instructor
- LEARN MORE

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**What is Pickleball?**

Pickleball is a racquet sport that combines elements of badminton, tennis, and table tennis. It's the new "thing" in Davis.

- **Location:** [Covell Tennis Courts](#), 300 Del Oro Drive and Cabrillo
- **Time:** 1:00PM T,W,TH,Sat & Sun (as weather warms play will be moved to 10:00) Additional times may be added as interest continues to grow.
- If you don't have equipment, it will be provided, just show up and learn to play!

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