UC Davis
WorkLife and Wellness

MAY HAPPENINGS

Family Stuff Swap-A-Rama

May 1 The UC Davis Child and Family Care Administrative Advisory Committee is sponsoring a "Family Stuff Swap-A-Rama. "Bring what you can, take what you need!"

- Location: Solano Park Community Center, 2500 Solano Park Circle, UC Davis. Parking is available in lot 10 during the event.
WorkLife and Wellness May Happenings

- Time: 7:00 drop off items. SWAP from 8:00 AM - 11:00 AM

LEARN MORE

---

**Fiesta en la Calle**

**May 1** Cinco de Mayo festival

- Location: Southside Park. 2115 6th Street, Sacramento, CA
- Time: 11:00 AM - 6:00 PM

LEARN MORE

---

**The Science for Mothers-to-Be**

**May 6** A special event to offer new, expecting and prospective mothers the science on how to help support healthy brain development in children.

- Location: Center for Child and Family Studies (CCFS). 244 1st Street, Davis, CA. Room TB123
- Time: 9:00- 10:30 AM

LEARN MORE

---

**Whole Earth Festival**

**May 6,7,8** Huge, eco-friendly three-day music, art, and education festival which takes place on the UC Davis campus annually during Mother’s Day Weekend

- Location: UC Davis Quad, Davis CA
- Time: 12:00- 10:00 PM

LEARN MORE
UCDHS Reiki

May 9  Are you tired and need more energy?  Are you high-strung or anxious and looking for ways to relax?  Are you dealing with pain issues?  Have you noticed the Reiki classes being offered through the Center for the Professional Practice of Nursing and wondered what is Reiki anyway?

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

- Time and Date:  12:00-1:00 pm
- Location:  Main Hospital, Lower Basement, ASCU-G344
- LEARN MORE

Running Shoes and Sports Bras

May 12  Find out about which running shoes support your bio-mechanical needs and fit your feet properly.  As with shoes, proper fit and correct level of support are the most important concerns in choosing the best bra.
UCDHS Meditation

**May 16**  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.

- **Time:** 12:00-1:00 PM
- **Location:** Glassrock Building, Room 7106, Sacramento
- **Instructor:** Brenda Gustin, Ph.D., CMT, RYI

LEARN MORE

UCDHS UC Walks Day

**May 18**  Join your colleagues in the annual systemwide UC Walks!

- **11:30-1:00 PM**
- interested participants meet at the Cancer Survivors’ Park (corner of Stockton Blvd. and 2nd Ave)

LEARN MORE

Street Food Rodeo!
May 20  Here it is people! The foodie event of the season.

- Location: Westlake Plaza, 1260 Lake Blvd., Davis CA
- Time: 5:00-9:00PM
- LEARN MORE

Where to Find Caregiver Support

May 23  Del Oro Caregiver Resource Center will provide an overview of services and resources in the WorkLife and Wellness Brown Bag.

- Location: Student Community Center Room D, Davis Campus
- Time: 12:00-1:00
- LEARN MORE

UCDHS Caregiver Support Information

May 24  As a caregiver of a family member or professional serving seniors, this meeting will provide an overview of senior relationships, services, resources, programs, and benefits.

- 12:00-1:00 PM
- Location: Facilities Support Services Building (FSSB) Room 2020 4800 2nd Ave., Sacramento, CA 95817
- Presenter: Rodger Freeman, Violence Prevention Educator with the Center for
UCDHS Self Defense

**May 25**  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.

- **Time:** 12:00-1:00,
- **Location:** Marriott- Orchid Room
- **Instructor:** Nikki Smith, Nurse with Patient Care Services and experienced Martial Artist/Instructor

UC Walks

**May 25**  UC Walks is the annual systemwide walk for employees to promote healthy living. This year Davis campus will hold five simultaneous walks across our vast campus

- **Time:** 12:00-1:00 PM

**Locations:**

- Mrak Hall (North Side)
- Quad (East Side)
- Vet Med/Health Sciences (Dutton Hall East patio)
- University Extension (Accounting and
Senior Resource Fair

**May 26** Come to the FREE Senior Resource Fair, if you are interested in programs and services that are available to adults ages 55 in Woodland and Yolo County.

- Location: Community & Senior Center for Child and Family Studies (CCFS). 2001 East Street, Woodland, CA
- Time: 10:00 AM - 12:00 PM

Optimizing Your UC Davis Employment Application

**May 26** Are you interested in optimizing your next application? The UC Davis campus manager will provide a useful guide to the application and hiring process.

- Time: 12:00-1:00 PM
- Location: Student Community Center, Room D
- Instructor: Bruce Mattos

Fourth Friday Downtown Feast
May 27 The Winters Chamber of Commerce will host the Fourth Friday Feast on May 22, located on Historic downtown Winters Main Street. Guest will discover the Winters charm, and savor the local food, wine, and beer.

- Location: Main Street, Downtown Winters
- Time: 5:30 PM - 8:00 PM

UCDHS - The Alexander Technique

May 31 The Alexander technique teaches how to change faulty postural habits enabling improved mobility, performance and alertness along with relief from chronic stiffness and stress.

- 12:00 - 1:00
- Location: Cancer Center Auditorium
  1100 2279 45th Street, Sacramento, CA 95817
- Presenter: Stephen Brown, Ph.D.

Reiki Circle for Caregivers

May 31 A special reiki circle for those who are adult caregivers

- 12:00 - 1:00
- Location: Women's Resource and...
Referral Center, North Hall Conference Room

- Presenter: Reiki Master Elizabeth Fulmer, RMT, KMT, HTP-A of Reiki Focus
- LEARN MORE
- Please register by contacting sbatchelor@ucdavis.edu  Space is limited.

---

Article of the Month

Finding Ways to Enjoy Summertime as a Working Parent

---

"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