MARCH HAPPENINGS

Yoga for the Hip

March 3- Focusing primarily on releasing tension in the gluteals, quadriceps and hamstrings will bring an overall state of ease, balance and tranquility to the body.

- Location: Multi-purpose Room, Student Community Center, Davis
- Time: 12:00-1:00PM
- Instructor: Kia Meaux
ReXpo

March 4- Come to ReXpo to learn about all of the summer programs offered by the City of Davis and recreation partners.

- Time: 4:00-7:00 PM
- Location: The Woodland Community & Senior Center is located at 2001 East Street.

For additional information: 661-2000

I Love You- You Drive Me Crazy!

March 6- Sonika and Christian teach a radical new paradigm for relating. Their unique insights and innovative practices will explode your current thinking and catapult you into brand new possibilities to up-level ALL your relationships.

Self Defense at UCDHS

March 08- 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.
WorkLife and Wellness March Happenings

- 12:00-1:00, Marriott Ballroom, Medical Center
- Presenter, Nikki Smith, Nurse with Patient Care Services and experienced Martial Artist/instructor

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Priority Registration for Camp Putah, Horse Camp & Trekkers

March 08 - Summer Registration begins for Camp Putah, Horse Camp & Trekkers on March 8, 2016 8:00 - March 11, 2016 5:00

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Leadership Styles & Career

March 10 - Increase your awareness of leadership styles and their impact.

- Location: Student Community Center, Meeting Room D
- Time: 12:00-1:00PM
- Instructor: Cheryl Diermyer

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Sunday Morning Tai Chi

March 13 - Join a simplified Tai Chi class, no reservation required and free.

- Location: Stephens Davis Branch Blanchard Room
WorkLife and Wellness March Happenings

Quilt, Craft & Sewing Festival

**March 17-19** - Check out the Quilt, Craft & Sewing Festival for all things crafty!

- **Location**: Cal Expo - 1600 Exposition Blvd. Sacramento, CA

2016 International Day of Happiness

**March 19** - Established by the United Nations General Assembly on June 28, 2012. The day will be filled with educational activities, as well as happiness exercises, tips on how to increase, sustain and spread happiness will be shared.

- **Time**: 10:00 AM-12:00 PM
- **FREE but please register**
Meditation at UCDHS

March 21

- Time: 12:00-1:00
- Glassrock Building Room 7106, Sacramento Campus
- Brenda Gustin, Ph.D., CMT, RYI

Clear Your Clutter

March 24- Clear Your Clutter Consulting will teach you three simple steps to clear your clutter and keep your space organized. It’s about time!

- Location: Shared Center Services, Aspen Conference Room (Suite 150) Davis
- Time: 12:00-1:00 PM
- Instructor: Claudia Smith

Positive Psychology

Strengths, Mindset, & Purpose

March 31- Understanding how to create your own joy, connections and purpose through Positive Psychology.

- Location: Multi-purpose Room, Student Community Center, Davis
- Time: 12:00-1:00 PM
- Instructor: Ma'yan Cohen
Cesar Chavez Celebration

**March 31** - To commemorate and celebrate the life and work of labor and civil rights leader Cesar E. Chavez, the City of Woodland will be hosting a celebration in Heritage Plaza.

- Location: Heritage Plaza Woodland
- Time: 5:30- 6:30 PM

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**Article of the Month**

The Tonic of Wildness

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"Happenings" is a monthly electronic update published by UC Davis WorkLife and Wellness.
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