Meet Me at the Museum

- Tuesdays, 10:30-11:30 at rotating museums; California Museum, Crocker Art Museum, and the California Automobile Museum. For people living with dementia and their care partners.
- Artists for Alzheimer's is an initiate of the I'm Still Here Foundation and has developed Alzheimer’s specific cultural
access programs.
- Tours are free and registration is required.
- LEARN MORE

Wake Up at UC Davis Meditation Group

- Mondays 6:00-7:00 and Friday's 3:00-4:00. 5 Lower Freeborn
- Employees welcome to this student meditation group. Secular, no prior experience necessary. Silent, walking and guided meditations.
- Facilitator: Gustavo Vazquez
- LEARN MORE

UCDHS Meditation: Freedom, Joy and Fulfillment Under All Conditions

- Monday, February 2, 12:00-1:00
- UCDHS Glassrock Room 7106
- UCDHS Brown Bag, Sacramento
- Instructor: Brenda Gustin
- LEARN MORE

UCDHS Intimate Partner Violence and Healthcare

- Tuesday, February 3, 12:00-1:00
- UCDHS AAC Room 3010-A
- UCDHS Brown Bag, Sacramento
- Instructor: Rodger Freeman
Say Goodbye to your Lawn

- Wednesday, February 4, 12:00-1:00
- WorkLife and Wellness Brown Bag
- UC Davis Extension Site, Room 18, DaVinci Building, Davis
- Instructor: Don Shor

Bellydancing

- Thursday, February 5, 12:00-1:00
- WorkLife and Wellness Brown Bag
- Student Community Center, MPR, Davis campus
- Instructor: LaRani Denise

UC Davis Wears Red Day

- Giant Heart Formation and Battle Heart Disease Fair
- Friday, February 6, 11:00-1:00
- Hutchison Field, Davis
- UC Davis Stores will be selling the red T-shirts to benefit the Women's Cardiovascular Medicine Program
Free Gardening Workshops

- **Saturday, February 7, 9:30-10:30**
  Sustainable Gardening Practices
- **11:00-12:00 Composting and Worm Composting**
- **Central Park Gardens, B Street between 3rd and 4th, Davis**
- **Instructor:** Peg Smith, Central Park Gardens/City of Davis
- [LEARN MORE](#)

Play and Learn Days at the Davis Library

- **Saturdays, Feb. 7, 14, 21, 28, 2:00-3:15**
- **Parents and children age 1-3, Stephens Davis Branch Library, 315 E. 14th Street**
- **Pre-registration required—sign up at Children's Information Desk**
- **Come play with your baby/toddler in a specially set up playroom. Talk to other parents. Meet different early childhood education specialists. Fun, informal and informative!**
- **Questions? contact dachildrensroom@gmail.com**

Biodiversity Museum Day

- **Sunday, February 8, 12:00-4:00**
- **Multi-Campus Museum Open House: Bohart, Museum of Wildlife and Fish Biology, Botanical Conservatory, Center for Plant Diversity, Anthropology and Paleontology Collections.**
- [LEARN MORE](#)
Balletone: Standing Flow

- Tuesday, February 10, 12:00-1:00
- WorkLife and Wellness Brown Bag
- UC Davis Cousteau Site, Shared Services Center, Aspen Room, 260 Cousteau, Davis
- Instructor: Rose Zahn
- LEARN MORE

The Health Benefits of Tea

- Wednesday, February 11, 12:00-1:00
- 1207 RMI South, Davis campus
- Sponsored by Confucius Institute Tea Culture Lectures/Tasting
- Are you a wise tea drinker who can drink depending upon what your body needs? This lecture explains the health benefits of tea and specific health keeping properties of different types of tea. We will share ideas on how to choose your specific tea based on the healthy effect you want.
- LEARN MORE
UCDHS Self Defense

- Wednesday, February 11, 12:00-1:00
- UCDHS Patient Support Services
  Building G300
- UCDHS Brown Bag, Sacramento
- Instructor: Nikki Smith
- LEARN MORE

UC Davis Wellness Fair

- Wednesday, February 18, 11:00-1:00
- ARC Ballrooms, Davis campus
- Release time with supervisory approval is appropriate for this event.
- Vendors will represent the various aspects of the Wellness Wheel including social, emotional, occupational, environmental, physical, spiritual, intellectual and financial. Additionally there will be several activities and screenings including blood pressure and heart rate checks, body composition, lipid profiles, fitness, nutrition, biometrics, and setting up a healthy workstation.
- LEARN MORE

Chinese Medicinal Food Homology Lecture and Tasting

- Wednesday, February 18, 5:00-7:00
- International House Community Room, 10 College Park, Davis
- In China, Medicinal Food Homology (MFH) means that some foods themselves have therapeutic effects on certain diseases, and there is no absolute boundary between them. A lot
of foods can be used both as foods and drugs. This topic introduces the origin and concept of MFH, and summarizes the different applications of different spices in our life.

- LEARN MORE

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**Using Neuroscience to Understand Decision-making Under Stress**

- Wednesday February 18, 7:00-9:00
- Yolo Conflict Resolution Center
  Community potluck dinner and presentation.
- Redwood Park Community Building, 1001 Anderson Road, Davis
- Speaker; Dr. Jane Heinig, Dept. of Nutrition, UC Davis
- LEARN MORE

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**California Duck Day Festival**

- Saturday, February 21, all day
- Field Trips, Exhibit Hall
- Duck Day Headquarters/Yolo Bypass Area Department of Fish and Wildlife
- LEARN MORE

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**Capay Valley Almond Festival**

- Sunday, February 22, 11:00-1:00
- Towns of Esparto, Capay, Brooks, Guinda and Rumsey
- Entertainment, crafts, food, fun, and of course, almond blossoms!
- LEARN MORE
UCDHS Manage Your Career

- Tuesday, February 24, 12:00-1:00
- UCDHS FSSB 2030
- UCDHS Brown Bag, Sacramento
- Instructor: Judy Isaman
- LEARN MORE

Creating Career Development Conversations

- Thursday, February 26, 12:00-1:00
- Meeting Room D, Student Community Center, Davis campus
- Career Catalyst Series Brown Bag
- Instructor: Lisa Terry
- LEARN MORE

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