UC Davis
WorkLife and Wellness

January Happenings

UCDHS Wellness and Discount Fair

- Tuesday, January 6, 11:00-1:00
- Marriott Courtyard Ballroom
- UC Davis Health System Departments and a variety of businesses and organizations centered around wellness will be available to provide information and free/discounted services to
employees, faculty, staff, retirees and students

**UC Davis Campus Meditation Group**

- Meets every Tuesday and Thursday at lunchtime
- Dutton Hall Conference Room 1226
- Gather at noon, walking meditation at 12:05 followed by a seated guided meditation and then a seated silent meditation.

**Parenting the Love and Logic Way**

- Six consecutive Tuesdays, January 6-February 10, 6:15-8:15 pm
- Unitarian Universalist Church of Davis, 27074 Patwin Road
- $69 per person or $99 for a couple. Childcare provided.
- Practical skills that will help make parenting fun and rewarding, instead of stressful and chaotic. [loveandlogic.com](http://loveandlogic.com)
Please pre-register at melaniebowden@earthlink.net or 530-219-1435

Epigenetic Design: How Ambient Conditions Affect Sleep, Cognition and Circadian Genetic Response

- Thursday, January 8, 12:00-1:00
- WorkLife and Wellness Brown Bag
- Student Community Center, MPR, Davis campus
- Instructor: Deborah Burnett
- LEARN MORE

UCDHS Clear Your Clutter

- Wednesday, January 21, 12:00-1:00
- UCDHS FSSB 2030
- UCDHS Brown Bag
- Instructor: Claudia Utts-Smith
- Professional organizer Claudia Smith, of Clear Your Clutter Consulting will teach you three simple steps to clear your clutter and keep your space organized.
- LEARN MORE

UCDHS Soul Collage

- Monday, January 26, 12:00-1:00
- UCDHS FSSB 2020
- UCDHS Brown Bag
- Instructor: Hannah Hunter, MFA
This workshop introduces participants to SoulCollage®, a creative and satisfying collage process. Each person will create their own unique card. Engage in self-discovery and deepen your understanding of the relationships between yourself and the world around you.

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Acing the Interview

- Thursday, January 29, 12:00-1:00 Meeting Room D, Student Community Center, Davis campus
- Career Catalyst Series Brown Bag
- Instructor: Andrea Weiss

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Parasitoid-palooza

- Sunday, January 11, 1:00-4:00
- Bohart Museum Open House

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