January Happenings
Happy New Year!

NAMI Family to Family Education Program

- January 4 through March 23. Mondays & Wednesdays, 6:30-9:00, Woodland
- A free 12-week course for family caregivers of individuals with mental
illnesses.

- Advance registration required. Limited enrollment. 530-756-8181 or friends@namiyolo.org
- LEARN MORE

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**Commit2Fit Program**

- January 6 through March. Leake Room at the Woodland Library, 250 First Street. Woodland
- A free 3 month Wellness Program.
- Several experts will speak from 6:00-7:30 pm, Wednesdays. Starting January 9, there will also be community walks each Saturday in January, February and March from 9:00-10:00 at Douglass Park.
- Register at www.cityofwoodland.org/commit2fit
- Visit the site to view the weekly speakers/topics.
- LEARN MORE

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**UCDHS Caregiver Support Group**

- Wednesday, January 13, 12:00-1:00
- Facilities Support Services Building Room 2030
- Presenter: Jennifer S. Fouse, Certified Specialist in Estate Planning, Trust and Probate Law
- As a caregiver of a family member, this meeting will provide an overview of important documents, estate planning, conservatorship, and resources.
- LEARN MORE
Plant-Based Meals for A Healthy Lifestyle and Planet

- Thursday, January 14, 12:00-1:00
  Student Community Center, MPR
- WorkLife and Wellness Brown Bag
- Learn the benefits of a plant-based diet for your health and the health of the earth.
- Instructor: Kelli Roberts

Know the 10 Signs: Early Detection Matters

- Thursday, January 14, 2:30-4:30
  ACC Senior Services, 7334 Park City Drive, Sacramento
- This workshop addresses the ten warning signs of Alzheimer's disease. Learn what is involved in getting a diagnosis, risks associated with Alzheimer's, and the benefits of early detection.
- Please call the Alzheimer's Association at 800.272.3900 or email ptardio@alz.org to register.

Parasitoid Palooza II

- Sunday, January 10, 1:00-4:00
  Bohart Museum Saturday Open House,
UCDHS Reiki

- Monday, January 11, 12:00-1:00
- Main Hospital, Lower Basement - ASCU G344
- Instructor: Kathy Lorenzato
- 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.

Winter Birds in Davis

- Saturday, January 16, 10:30
- Environmental Horticulture 146
- Our fine feathered friends are fascinating! Learn about birds that winter in Davis during a slide show talk. Then, weather permitting, take a walk to see birds in the Arboretum.
Technology

- Wednesday, January 20, 12:00-1:00
- Cancer Center Auditorium Room 1100
- Presenters: Elaine Souze MPH RD & Jennifer Manning RD CNSC
- Smart phones, fitness devices, and “apps” have been gaining in popularity to bridge the motivation gap between healthcare provider appointments. Join us to learn how to sift through the endless options. Learn the basics about how to pick the right app or device to help meet your nutrition and fitness goals.
- LEARN MORE

Clear Your Clutter!

- Thursday, January 21, 12:00-1:00, UC Davis Extension, Room 18, DaVinci Building, 1632 DaVinci Court, Davis
- WorkLife and Wellness Satellite Site Brown Bag (Research Park)
- Instructor, Claudia Smith, Clear your Clutter Consulting
- LEARN MORE

Meditation at UCDHS

- Monday, January 25, 12:00-1:00
- Glassrock Building Room 7106
- Brenda Gustin, Ph.D., CMT, RYI
- LEARN MORE
Bright Horizons Sittercity/Years Ahead Webinar

- Wednesday, January 27, 12:00-1:00
  Call-in: 1-888-886-4283 passcode 9178043429#
- A Bright Horizons Representative will review the Sittercity/Years Ahead free subscription service for UC Davis employees, explaining the registration process, website review, and answer questions about the program.
- Register Online: www.careadvantage.com/universityofcalifornia

Resumes That Work

- Thursday, January 28, 12:00-1:00
- Career Catalyst Brown Bag, Meeting Room D Student Community Center
  LEARN MORE

Guqin Concert by David Wong

- Thursday, January 28, 7:30-8:30, reception immediately following
- Music Building, Room 115, UC Davis, sponsored by the Confucius Institute.
- Guqin, known as the "musical instrument of the sages," is a seven-
stringed zither that has long been appreciated by the Chinese literati for its beautiful sounds that express profound emotions and inspire spiritual transcendence.

- LEARN MORE

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**Storytime through the Seasons: Climbing Up the Ginkgo Tree**

- Sunday, January 31, 1:00-3:00 UC Davis Arboretum Wyatt Deck
- Celebrate the Chinese New Year in the Arboretum as we explore the cultural and natural world of Asia. Experience Asian culture in a whole new light with stories, activities, and experiences in our East Asian Collection. All ages welcome.
- LEARN MORE

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**Article of the Month:**

**Tiny Resolutions**

[READ HERE]

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