JUNE HAPPENINGS

Why HIIT is Hot!

**June 2** Want to burn fat in less time? Learn how to increase your metabolism all day long by exercising smarter, not longer. The science behind Tabata training and other forms of HIIT.

- Location: Multi-purpose Room, Student Community Center
- Instructor: Rose Zahnn
- Time: 12:00-1:00PM
Hindustani Vocal Ensemble

**June 2** - Sahai, an acclaimed composer, performer and teacher, tours throughout the U.S., Canada, the U.K., and India. She is also in demand at recording studios at home and abroad, where she graciously lends her voice to many diverse musical projects, including contributing vocal tracks for Grammy Award-winning artist Béla Fleck and performing on Alonzo King’s *Sacred Texts*, a CD of international music that won the Isadora Duncan Award for music excellence.

- **Location:** Mondavi Center
- **Time:** 12:00 pm - 1:00 pm

Open Forum on Restorative Justice

**June 2** What is Restorative Justice? Can it help with campus climate and conflict? Join members of the Restorative Justice Taskforce to review the framework for the proposed Campus Restorative Justice Program. The goal of the RJ program is to address issues of conflict in an effort to build community and improve the campus climate. Please come by to share your ideas and assist in shaping the campus restorative justice program. Refreshments will be served. Sponsored by the Restorative Justice Taskforce and the Office of Campus Community Relations.

- **Location:** Bainer Hall, room 1132
- **Time:** 4:30 p.m. – 6:30 p.m.
Promenade of Mermaids

June 5  Mermaids, pirates, steampunk, and sea creatures of every stripe stroll the boardwalks of Old Sacramento starting with a festival atmosphere. This event will culminate with a costume contest for children and adults. Several mermaid and pirate groups will be represented at the 6th Annual Promenade of Mermaids.

- Time: 12 pm - 4 pm
- Location: Old Sacramento 1002 2nd Street. Sacramento, CA 95814
- [LEARN MORE]

Baby Signs Spring Story

Time

June 17  Erin and BeeBo will be hosting the fun, entertaining with Spring theme signs, stories, songs and bubbles. Ages 4 months and up-RSVP required please email erin@babysignsbyerin.com.

- Location: Mother & Baby Source. 714 2nd St. Davis, CA
- Time: 10:15 am - 11:00 am
- [LEARN MORE]

Cars, Bikes & Coffee

June 19  check out some amazing cars and motorcycles in the big parking lot between Pure Grain Cafe and the Vacaville library.

- Location: Pure Grain Cafe, 11 Town Square Vacaville, California
- [LEARN MORE]
WorkLife and Wellness June Happenings

Time: 8:00 AM to 12:00 PM

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Createfest

June 25 A free celebration of youth, art, music, food, and film. All art is by teens; including a Maker's Market, henna painting, photobooth, film fest, teen bands, interactive activities. The street is yours! Food for sale.

- Location: Pence Gallery 212 D St. Davis, CA
- Time: 5:00 pm - 8:00 pm

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Five Secrets of Time Management

June 30 You will learn how to clarify top priorities, how to make every day count and how to keep moving toward goals when life gets in the way.

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

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Article of the Month

Putting Mindfulness to Work
Article in Mindful Magazine by Tara Healey

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