Wellness Fair 2015

Our annual wellness fair (formerly the Wellness Challenge Kick-off) will be held Wednesday, February 18 from 11:00-1:00 in the ARC Ballrooms. Activity focused, we will have health assessments, biometric assessments, social networking, healthy food tables, and the usual fun ideas to keep you in tip-top shape! No registration necessary, just show up ready to move and learn, enter the drawing, and move AROUND and AT the exhibits/activities.

What Happened to the Wellness Challenge? We are redirecting our efforts into a Wellness Ambassador program where YOU get to bring Wellness to your co-workers and workplace with our help. Look for the WorkLife and Wellness table at the fair to learn more. We will be sending out more correspondence soon!

**Davis Campus/Satellite Brown Bags**

- **January 8:** Epigenetic Design  [Details]
- **February 4:** Say Goodbye to Your Lawn @ Research Park  [Details]
- **February 5:** Bellydancing  [Details]
- **February 10:** Balletone @ Cousteau Place  [Details]
- **March 5:** Say Goodbye to Your Lawn  [Details]

**Health System Brown Bags**

- **January 21:** Clear Your Clutter  [Details]
- **February 2:** Meditation  [Details]
- **February 3:** Intimate Partner Violence and Healthcare  [Details]
- **February 11:** Self Defense  [Details]
- **February 24:** Manage Your Career  [Details]

**Breastfeeding Classes/Groups**

- **Continuing to Breastfeed When You Return to Work/School:** Jan 22, Mar 12
- **Preparing for Breastfeeding:** Feb 26
- **Fall Support Group Meetings:**
  - SCC: January 16, February 20, Valley Hall: January 28, March 18
- **UCDMC Weekly Support Group:**
  - Thursdays @ 10:00, Glassrock Rm7106

There will be three UC Living Well Program webinars in January designed to assist you in navigating the program. Learn how to register, find support, connect with your own wellness coach and earn your $75 Visa gift card!

**Proven Methods and Tools for Successful Worklife Integration**

Total Leadership aims to improve performance in all four domains of life—work, home, community, and self—by creating mutual value among them. Created by Dr. Stew Friedman, founding director of the U Penn Wharton School’s Leadership Programs and author of “Leading the Life you Want: Skills for Integrating Work and Life,” TL is a proven method for producing sustainable change in all parts of life. Principles include:

- **BE REAL:** act with authenticity by clarifying what is important
- **BE WHOLE:** act with integrity by respecting the whole person
- **BE INNOVATIVE:** act with creativity by continually experimenting

Following these principles will help you become a better leader, have a richer life, produce stronger business results, find clearer purpose, fell less stressed and more connected to people who matter most. Check out the website totalleadership.org, take the assessments and start making a plan to integrate your life and work for 2015.

- [Take your TL Skills Assessment](#)
- [Explore your Four Circles](#) (Work, Home, Community and Self)

Contact us at: worklife@ucdavis.edu  
Click here for a printable PDF version

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