Free Wellness Classes/Workshops

Mind Body Challenge Kick-Off Event

This event is scheduled for Wednesday, January 25, 2012 at the Marriott Ballroom from 11:00 a.m.- 1:00 p.m. Adopt a new healthy habit and keep it for seven weeks!

Please see flyer below for more information.

Free Yoga classes set for December, January and February

Three one-hour yoga classes have been scheduled by Human Resources as part of its Wellness Workshop series. The classes are scheduled for Wednesday, December 21, 2011 Wednesday, January 11, 2012 and Wednesday, February 15, 2012. They will be held from 12:00 noon to 1:00 p.m. in the Patient Support Services Building, Room G300. The facilitator is Amy Hillman-Siracusa, an instructor with the UC Davis Department of Campus Recreation.

All levels of yoga practitioners, including complete beginners, are welcome to this class. These classes incorporate breath work, movement and holding poses to improve balance, alignment and body awareness. Variations of poses and modifications will be demonstrated so that each pose is accessible to every participant. Those attending are advised to wear loose, comfortable clothing and bring a yoga mat, other mat or large beach towel. The class will be performed in bare feet. Participation is free.

SoulCollage®

A workshop and introduction to SoulCollage®, a collage-making process that emphasizes representing aspects of an individual's personality, will be held on Tuesday, December 20, 2011 from 11:30 a.m. to 1:30 p.m. at the Facilities Support Services Building, Room 2020. Materials will be provided. The Facilitator will be Hannah Hunter, M.F.A., an Artist and Art Therapist who works at the UC Davis Children's Hospital.

Strength Class

When:    Wednesday, January 4, 2012
         Wednesday, January 18, 2012
         Wednesday, February 8, 2012
Time: 12:00 noon – 1:00 p.m.

Location: PSSB-G300 (Patient Support Services Building)

Instructor: Eric Bonilla, Instructor with the UC Davis Department of Campus Recreation

This is a special one-hour strength training class. All levels are welcome to participate in this full body strength and cardiovascular workout that will utilize your body weight and gravity as its tools. Variations of exercises are offered so that every participant can exercise at a level that meets their needs. Please wear comfortable clothing and closed toed athletic tennis shoes. Feel free to bring a towel to use as a mat during the abdominal exercises. Participation is free.

Ananda Yoga Series

Dates: Relax into Inner Awareness: Monday, December 12, 2011
      Experience True Relaxation: Monday, December 19, 2011

Time: 12:00 noon – 1:00 p.m.

Location: Marriott Hotel Ballroom

Instructor: Yvonne Sengmany, Certified Yoga/Meditation Teacher, UCDMC Employee for Facilities Design & Construction.

Ananda yoga is a classical approach that includes asana (yoga postures) and pranayama (special breathing and energy-control techniques). This class will provide techniques which will concentrate on improved muscle tone and circulation, quieting and focusing of the mind as an aid to meditation, and stress reduction. Please wear loose, comfortable clothing and bring a yoga mat/other cushion with you. (It is recommended that participants avoid eating for an hour before class or to snack lightly.)

Yvonne (Phouvang) Sengmany has been practicing Ananda Style yoga and meditation since 2005. She is a certified yoga/meditation teacher and is registered with Yoga Alliance.

Zumba

When: Thursday, December 15, 2011

Time: 12:00 noon – 1:00 p.m.

Location: Marriott Hotel – Ballroom

Presenter: Lorie Valdez Hobart, R.N., B.S.N.
ZUMBA is an easy to follow Latin-based dance-fitness class that incorporates Latin and International music. Slow and fast rhythms will be used to tone and sculpt the body in order to achieve a unique balance of cardio and muscle toning benefits, burn calories, and generate excitement!

Lorie Valdez Hobart, R.N., B.S.N., has been a licensed ZUMBA instructor and part of the ZIN network since April 2011. She currently works for the Patient Care Resources Department as a Float ICU SOS nurse.

Anyone interested in attending these classes/workshops, please RSVP to Marina Argyropoulos at marina.argyropoulos@ucdmc.ucdavis.edu
Wellness is...a state of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity." - The World Health Organization

UC Davis Mind Body Wellness Challenge

Adopt a new healthy habit and keep it up for seven weeks!

The challenge begins Friday, January 27, 2012
and ends Friday, March 16, 2012

Additional details and registration information on reverse side of this page.

Wellness is a dynamic process of change and growth whose goal—maintaining personal health in all dimensions of life, including physical, social, emotional, intellectual, environmental, occupational and spiritual—requires individualized choice and action.

The importance of developing and maintaining healthy lifestyle habits, regardless of your age, cannot be overstated. A very high percentage of older Americans today have at least one chronic condition that affects their ability to lead an active life. Most of these chronic diseases develop over the course of 30-40 years as a result of unhealthy habits. Three behaviors—poor diet, lack of exercise, and smoking—are the primary causes of the nation’s leading chronic diseases: heart disease, cancer, stroke and diabetes. Changing these behaviors greatly reduces your risk of developing a chronic disease. After eliminating the “big three,” it is important to adopt healthy habits in all aspects of your life.

The Wellness Wheel shown here highlights seven different dimensions of wellness and stresses the importance of nurturing all seven dimensions to achieve optimal health. We challenge you to choose a dimension, choose a habit, and make a change for the better. But don’t stop with just one change. The more healthy habits you adopt, the better your chances of enjoying a lifetime free of chronic ailments. Why wait? Pick a healthy habit and start today!

The Mind Body Wellness Challenge is sponsored by the UC Davis Retiree Center, Osher Lifelong Learning Institute (OLLI), Reprographics, WorkLife, Student Health and Counseling Services, Atria Covell Gardens and additional sponsors to be determined.
Environmental Wellness relates to understanding and becoming conscientious of one’s impact on the environment.
- Ride your bike, walk, or take a public transportation instead of driving.
- Recycle and compost.
- Plant and tend a garden.
- Use natural cleaning products.
- Choose your own healthy habit in this category.

Occupational Wellness is about finding personal satisfaction and enrichment from paid or unpaid work endeavors.
- Create a balance between work and leisure.
- Practice safety every day—Think safe. Act safe. Be safe.
- De-clutter and organize your home or workplace.
- Find ways to make your vocation/avocation challenging and meaningful, or find another opportunity.
- Choose your own healthy habit in this category.

Spiritual Wellness involves seeking meaning and purpose through religious faith, values, ethics, and/or moral beliefs.
- Deepen your existing spiritual or religious commitment or seek out a new tradition.
- Learn/practice meditation, yoga or tai chi.
- Take time to quietly reflect each day.
- Forgive freely.
- Choose your own healthy habit in this category.

The UC Davis Mind Body Wellness Challenge asks you to adopt at least one new healthy habit and keep it up for seven weeks. After seven weeks your new habit can become a lifelong change. The challenge officially begins on Friday, January 27, 2012, and ends on Friday, March 16, 2012. To join the Challenge:
- Choose a dimension of the Wellness Wheel, and then choose one healthy habit in that area.
- Register for the Challenge online at http://wellnesschallenge.ucdavis.edu.
- Track your progress on a daily basis, using either the tracking chart below or an online option (recommendations for some online options can be found on the Wellness Challenge website).

If you successfully develop a healthy new habit, treat yourself to something special. But don’t stop there! Continue your new habit as a lifelong change or choose another habit and challenge yourself again.

Anyone is welcome to join the challenge whether or not they are affiliated with UC Davis.

At the conclusion of the challenge, all participants will be invited to a healthy potluck luncheon to celebrate their success toward a healthier lifestyle. The luncheon will feature a wellness presentation and raffle prizes.

For additional information about wellness and the many campus wellness resources available to staff, students, and others, visit the UC Davis Wellness Portal at http://mywellness.ucdavis.edu.

The UC Davis Mind Body Wellness Challenge tracking chart

<table>
<thead>
<tr>
<th></th>
<th>S</th>
<th>M</th>
<th>T</th>
<th>W</th>
<th>R</th>
<th>F</th>
<th>S</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Wk 1</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td><strong>1/27</strong></td>
</tr>
<tr>
<td><strong>1/28</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Wk 2</strong></td>
<td><strong>1/29</strong></td>
<td>1/30</td>
<td>1/31</td>
<td>2/1</td>
<td>2/2</td>
<td>2/3</td>
<td><strong>2/4</strong></td>
</tr>
<tr>
<td><strong>Wk 3</strong></td>
<td>2/5</td>
<td>2/6</td>
<td>2/7</td>
<td>2/8</td>
<td>2/9</td>
<td>2/10</td>
<td><strong>2/11</strong></td>
</tr>
<tr>
<td><strong>Wk 4</strong></td>
<td>2/12</td>
<td>2/13</td>
<td>2/14</td>
<td>2/15</td>
<td>2/16</td>
<td>2/17</td>
<td><strong>2/18</strong></td>
</tr>
</tbody>
</table>

The Mind Body Wellness Challenge is sponsored by the UC Davis Retiree Center, Osher Lifelong Learning Institute (OLLI), Reprographics, WorkLife, Student Health and Counseling Services, Atria Covell Gardens and additional sponsors to be determined.