### January 2018

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**Goal for the month:** Ring in the new year in taking a promise to live a more purposeful life! Reflective exercises such as journaling, meditation, and guided imagery can help your mind to relax in order to seek answers to questions about who you are, how you should live, and where you belong. For more info check out: [http://www.udel.edu/004416](http://www.udel.edu/004416).

**January 7:**
- National Clean Off Your Desk Day

**January 14:**
- Martin Luther King Jr. Day
  - [https://www.nationalservice.gov/mlkday](https://www.nationalservice.gov/mlkday)

**January 21:**
- HealthyU Cooking Sushi Rolling
  - 5-6:30 p.m.
  - LECTURE & MOVIE
  - Eating Disorders
  - 6:15-8:30 p.m., Main Street Movies 5

**January 24:**
- **STUDENT EVENT**
  - Hot Chocolate Festival
  - 1-4 p.m.
  - Perkins Student Center

**January 28:**
- You are never too old to set another goal or to dream a new dream

**January 29:**
- **STUDENT EVENT**
  - Painting Party
  - 9-10:30 a.m. or 11 a.m.-12:30 p.m.
  - [www.udel.edu/004422](http://www.udel.edu/004422)

**January 30:**
- **STUDENT EVENT**
  - A Day of Mindfulness
  - 10 a.m.-4 p.m.
  - UD Courtyard Marriott
  - [www.udel.edu/004381](http://www.udel.edu/004381)

**January 31:**
- **STUDENT EVENT**
  - A Day of Mindfulness
  - 10 a.m.-4 p.m.
  - UD Courtyard Marriott
  - [www.udel.edu/004381](http://www.udel.edu/004381)

**February 1:**
- **STUDENT EVENT**
  - Winter Olympics
  - 6-10 p.m.
  - Perkins Student Center

**February 1:**
- **STUDENT EVENT**
  - Painting Party
  - 9-10:30 a.m. or 11 a.m.-12:30 p.m.
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- **STUDENT EVENT**
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Employees must purchase an All-Access Pass to attend the Workshops.

Please see details page for more information on all events.
National Blood Donor Month

Every day, about 44,000 units of blood are transfused in the United States. While that need is constant, blood donations often slump during the winter months, particularly in January, due to weather conditions and illness. These challenges make it more important for donors to give blood. Consider rolling up your sleeve this month by donating blood at your local drive. You’ll not only help save a life, but you’ll also enjoy the feeling of knowing you’ve done something good. Learn more about giving blood/where to locate a drive at redcrossblood.org, or call 1-800-RED CROSS.

PROGRAMS

Jan. 20, 9-10:30 a.m. or 11 a.m.-12:30 p.m. Painting Party Ewing Room, Perkins Center
We are offering two sessions to explore how painting and being creative can elicit a number of stress reduction responses. Painting is a wonderful technique which empowers the user through use of art and creativity. Benefits of this workshop include: Able to shift moods very quickly, releasing anger and unhappiness almost instantaneously; helps to cope with workplace stress; helps with the flow of emotions; great fun; be a child again, splash paint and let your hair down; everyone can do it especially children. This event is open to employees and their families. All must register for a spot at www.udel.edu/004422.

Jan. 24, 5-6:30 p.m. HealthyU Cooking School: Sushi class Willard Hall, Kitchen
Join the Sushi making demonstration class this winter to learn a new skill in the Kitchen! The instructor provides recipes and offers tips, trick and all the info you need to build on this cooking skill. http://www.udel.edu/004025.

January 24, 6:15-8:30 p.m. Lecture and Movie: Eating Disorders Main Street Movies 5
Join the University of Delaware at Main Street Movies 5 as we discuss eating disorders. The evening includes a discussion with UD experts and a film showing of To the Bone. Eating disorders come in many types, including anorexia nervosa, bulimia nervosa, and binge-eating disorders. You’ll have a chance to learn and ask questions to our experts before the film. This event is FREE and open to the UD community.
You must register in advance at http://chs.udel.edu/event/lecture-movie-eating-disorders/

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You must register in advance at http://chs.udel.edu/event/lecture-movie-eating-disorders/

Jan. 27, 10 a.m.-4 p.m. A Day of Mindfulness Courtyard Marriott Newark at UD
Join us for a day of mindfulness. A radically fresh approach to New Year’s “resolutions” that will help identify and release limiting beliefs and bring deeper clarity and possibility to your life. Topics will include self-management, stress reduction and effective coping, interpersonal communication and teambuilding skills. We’ll practice mindfulness, breath awareness, guided imagery, journaling and group discussion. Led by Dr. Mike Mackenzie. Location: Courtyard Marriott, 400 David Hallowell Drive, Newark DE 19716. Lunch and refreshments will be served.
Spots are limited, register early at http://www.udel.edu/004380 * No Cost with All-Access Membership

You must purchase an All-Access Membership to attend the Workshops

For more Information, subscribe to http://sites.udel.edu/wellness/subscribe/

This material is for informational purposes only and is neither a substitute for professional medical advice or treatment. In addition, this calendar contains a sample of the National Health Observances and is meant to bring awareness to the University of Delaware Employee Health and Wellness Initiatives.

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