

APRIL 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 	2 <i>"A day without laughter is a day wasted."</i> -Charlie Chaplin	3 	4	5	6 Spring Community Clean-Up 8-11 a.m. Newark Municipal Building, 220 S. Main St.
				<i>National Public Health Week</i>		
7	8	9	10 Couch to 5k Runs 5-6 p.m. Kells Park Parking Lot 201 Kells Ave.	11 	12	13 30th Run/Walk for Kids Ronald McDonald House 9 a.m., Frawley Stadium Egg Hunt 10 a.m. Rain Date: 4/14, 2 p.m. White Clay Creek Park
14 <i>"Humor is mankind's greatest blessing."</i> -Mark Twain	15 Carpenter's Candy Adventure 4/15-5/24 Employee Fitness Center	16 <i>Workshop</i> Routines For Success 12-1 p.m. Perkins Collins Room	17 Grow Your Own Berries 6:30-8:30 p.m. New Castle County Cooperative Extension Room 132A	18	19 51st Annual Great Delaware Kite Festival 10 a.m.-3 p.m. Cape Henlopen State Park	20
21	22 	23 <i>Workshop</i> Becoming Your Best Self: Start with Self-Affirmation 12-1 p.m. ONLINE LIVE WEBINAR Conversations in Healthcare Making the Most of Your Doctor's Visit 5-6:30 p.m., Tower at STAR	24 Exercise is Medicine: Injury Prevention with Athletic Trainers 1-2 p.m. Carpenter Sports Building, Room 134	25	26	27 Ag Day 10 a.m.-4 p.m. Townsend Hall grounds
28 <i>Health is the relationship between you and your body</i>	29	30 <i>Workshop</i> Make it Happen 12-1 p.m. Perkins Collins Room	GOAL FOR THE MONTH: Did you know that laughter can lead to improved quality of life and wellbeing? In honor of National Humor Month, try and incorporate a little bit of fun throughout your day by sharing a story or joke with one of your coworkers. Laughter is the best medicine and is an easy way to spread joy! For more information check out: http://www.humormonth.com/			

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NATIONAL PUBLIC HEALTH WEEK

National Public Health Week focuses on how to live a long and healthy life in a safe environment. To support your wellbeing, Employee Health & Wellbeing is offering a Personal Wellbeing Series on how to be your best self! For more information and to register, go to: <http://www.udel.edu/005547>.

UD EVENTS

COUCH TO 5K EMPLOYEE GROUP RUNS

4/10 @ 5-6 p.m. • Kells Park, 201 Kells Avenue, Newark, DE

Join Employee Health & Wellbeing in a group run every Wednesday from April 10 to June 5 at 5 p.m. with other employees, retirees and spouses, to prep for the Blue Hen 5K on June 9, 2019! Beginners are encouraged to participate. For more information and to register: www.udel.edu/005793

CARPENTER'S CANDY ADVENTURE

4/15-5/24 • Employee Fitness Center (26 North College Avenue)

Will you be the first person to reach King Carpenter's Castle? Enjoy playing a spin-off of your favorite childhood board game in this 6-week Employee Fitness Center (EFC) bulletin board activity. Each day you come to the EFC, you will draw a card from the deck and move your gingerbread man to the next designated space. The more days you come to the gym, the more chances you get to draw a card and advance to win a prize!

For more information, contact the fitness coordinator, Chelsea Finch at cfinch@udel.edu.

UD HEALTH PRESENTS: CONVERSATIONS IN HEALTHCARE, PREVENTION AND WELLBEING: MAKING THE MOST OF YOUR HEALTHCARE PROVIDER VISIT

4/23 @ 5-6:30 p.m. • Audion at the Tower at STAR • 100 Discovery Blvd, Newark, DE 19713

As a patient, you expect to receive quality, comprehensive and convenient care. In reality, it does not always happen. This dynamic discussion will display a variety of healthcare settings from the lens of a patient. Patients, caregivers and providers will learn how to enhance the patient experience, and to prepare and advocate for better healthcare! Light refreshments will be provided. This event is open to the public.

Registration required. <http://www.udel.edu/005614>

AG DAY 2019

4/27 @ 10 a.m.-4 p.m. • Townsend Hall • Townsend Hall, University of Delaware, Newark, DE 19716

Members of the campus and neighboring communities are encouraged to join the college for its annual signature event—a day filled with music, exhibitors, great food and fun for all ages on the UD Farm. Visitors can experience everything from livestock exhibits, 4-H arts and crafts, hayrides, farm tours, and much more. Both admission and parking are free and the event is open to the public, rain or shine. For the safety of our visitors and animal exhibits, please leave your pets at home.

For more information: <http://www.udel.edu/005708>



UNIVERSITY OF DELAWARE
EMPLOYEE HEALTH
& WELLBEING

These programs are brought to you by Employee Health & Wellbeing and the Campus Wellbeing Collaborative

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2019 APRIL WORKSHOPS

PERSONAL WELLBEING SERIES

**Workshop 1: Routines for Success: 4/16 @ 12-1 p.m. • Perkins-Collins Room
325 Academy St, Newark, DE 19716**

Whether you're the spontaneous type or more regimented, routines are a powerful tool for success. This workshop will help you identify and craft routines that support success in your unique lifestyle. This event is free to all UD employees, spouses, and retirees. Registration required: www.udel.edu/005566

Workshop 2: Becoming Your Best Self: Start With Self-Affirmation: 4/23 @ 12-1 p.m. • Live Webinar

Becoming our best self often feels like an overwhelming undertaking. Yet research shows that simple self-affirmation can help us get started in the right direction. In this webinar, we will share research and tips on how to become your best self—and pave the way to greater well-being. Registration required: www.udel.edu/005566

**Workshop 3: Make it Happen: 4/30 @ 12-1 p.m. • Perkins-Collins Room
325 Academy St, Newark, DE 19716**

We all have a list of things we want to do or achieve, but many of us struggle with getting it done. In this workshop, you will learn about the common reasons we fall short of meeting our goals, the process to overcome them, and how to set attainable goals to finally make it happen! This event is free to all UD employees, spouses and retirees. Registration required: www.udel.edu/005566

GROW YOUR OWN BERRIES

**4/17 @ 6:30-8:30 p.m. • New Castle County Cooperative Extension, Room 132A
461 Wyoming Road, Newark, DE 19711**

This workshop is \$15. Imagine walking out of your door and picking your own delicious berries. There's no sweeter reward. Learn the basics of growing your own strawberries, blueberries and raspberries. You'll be berry popular! Register: <http://www.udel.edu/005705>

EXERCISE IS MEDICINE: INJURY PREVENTION WITH ATHLETIC TRAINERS

4/24 @ 1-2 p.m. • Little Bob Conference Room, Room 134 • 26 N College Ave, Newark, DE 19716

Bring your lunch and learn from Athletic Trainers on how to prevent injury! For more information, call 302-831-2226 or email healthyhens@udel.edu.



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2019 APRIL COMMUNITY EVENTS

SPRING COMMUNITY CLEAN UP

4/6 @ 8-11 a.m. • Newark Municipal Building • 220 S. Main St. Newark, DE 19711

Grab your family and friends and help make Newark beautiful. Join us at the City of Newark Municipal Building on Saturday, April 6 and get an early start to your Earth Day celebrations. Trash bags and a volunteer snack will be provided to all who help (T-shirts will be given to the first 200 volunteers). For additional information or to volunteer for the clean-up, please call the Recreation Office to register at (302) 366-7000.

30TH RUN/WALK FOR KIDS RONALD MCDONALD HOUSE

4/13 @ 9 a.m. • Frawley Stadium • 801 Shipyard Dr., Wilmington, DE 19801

Register as an individual or start a team. Attend this family fun event and enjoy post-race refreshments and food. Pre-registration prices: Adult: \$30 per person; Student: \$20 per person (until Thursday 4/11 @ Noon). Prices will increase for day of registration. To register, go to: <http://www.udel.edu/005751>

EGG HUNT

**4/13 @ 10 a.m. (rain date: 4/14 at 2 p.m.) • White Clay Creek State Park, Carpenter Recreation Area
880 New London Rd. Newark, DE 19711**

Newark's annual egg hunt will be held at White Clay Creek State Park's Carpenter Recreation Area. All children should bring a basket or bag to collect their goodies. Park entrance fees will be in effect. For more information check out: <http://www.udel.edu/005764>.

51ST ANNUAL GREAT DELAWARE KITE FESTIVAL

4/19 @ 10 a.m.-3 p.m. • Cape Henlopen State Park • 15099 Cape Henlopen Dr., Lewes

Enjoy kite-flying contests, an Easter egg hunt, kite and food vendors, and fun for all ages. For more information, call the park office at 302-645-8983. To participate in festival contests, contact the Lewes Chamber of Commerce at 302-645-8073. Park entrance fees will be in effect.



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