



Campus Update
March 2013

3rd Annual Wellness Expo: 10 AM – 2 PM, Parnassus (Millberry Union)

Living Well at UCSF launched their 3rd Annual Wellness Expo dedicating an entire day to health and wellness resources and activities. There will be free wellness lectures, including keynote speaker Susan Kaiser Greenland, JD, author of *The Mindful Child*, as well as Mindfulness Eating expert, Ellen Resnick, LCSW. Other activities include health assessments for a chance to earn a \$75 FastPay gift card; chair massage; gait analysis; fresh, organic produce giveaways; hundreds of UCSF wellness resources; free, wellness lunch* and much more! Leading up to the Expo, enjoy an additional 19 wellness expo activities happening across 10 campus locations. Events begin Tuesday, January 15.

The Library recently installed two **walking workstations**, or Walkstations, in the Tech Commons on the 2nd floor. Combining a height-adjustable work surface and a low-speed treadmill, the Walkstation lets you walk comfortably, burn calories, and feel more energized while working at a computer. Go to the Library Tech Commons (CL240) to try them out.

Dave Robb, a former Staff Council Chair is featured in the current **Faculty-Staff Spotlight**.

Calling all Artists! Announcing UCSF's first Recycled/Reclaimed Art Show. This new event will be part of the LivingGreen Fair which will take place on May 9, 2013. All entries will be from UCSF staff, faculty and students and must be made of 99% recycled, reused or reclaimed materials. Those who are interested in using UCSF recycled materials, can contact their UCSF Recycling Coordinators.