



CAMPUS UPDATE  
FEBRUARY 23, 2007

**Workshops:**

Staff Assembly sponsored two workshops on nutrition. In January, we held a workshop about eating with diabetes. Attendance was smaller than expected, but well received. This February, we had another workshop on eating healthy on campus. The workshop was presented by a Dining Services nutritionist to a packed room. Staff Assembly will also sponsor another workshop in March on tips on Powerpoint presentations.

**Walk UCSB:**

UCSB launched its campuswide wellness program, Walk UCSB, on February 1st. Sponsored by the Recreation Department and Business Services, the program encourages staff and faculty to get up and walk, and to keep track of steps taken. Free pedometers and goodie bags were distributed to registered participants. Prizes will be given to individuals and groups with the best progress.

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