

# April 2013

# Wellness Workshops

Topic & Description	Date	Time	Location
 <p>This 8-week, team competition is all about eating your fruits and veggies. Prizes and awards available. Open to all employees.</p> <p><b>Get your kids (&amp; partner) in the game</b> by downloading a tracking sheet just for them at <a href="http://www.du.edu/wellness/eat">www.du.edu/wellness/eat</a>.</p>	<p>3/25-4/22 Registration open</p> <p><b>4/8 Fun begins!</b></p> <p>6/2 Competition ends</p>	<p>Log anytime using the App</p>  <p>Hardcopy tracking forms also available on our website.</p>	<p>Program website: <a href="http://www.du.gomixitup.com">www.du.gomixitup.com</a></p> <p>Info and downloads at <a href="http://www.du.edu/wellness/eat">www.du.edu/wellness/eat</a></p>
<p><b>How to Design Edible Landscaping</b></p> <p>Join DU Faculty to learn about creating useful, sustainable landscaping. <i>One free registration to the University College Enrichment Program's Landscaping course raffled.</i></p>	Tuesday, April 2	12:00-1:00pm	<b>Center for Sustainability</b> in JMAC 142
<p><b>Superfoods: Nature's Defense</b></p> <p>Phytochemicals can help boost your immune system. Learn which superfoods offer the most phytochemicals and how to incorporate them into your diet to ensure good health throughout your life.</p>	Wednesday, April 3	12:00-1:00pm	<b>University Hall</b> room 304
<p><b>How to Garden: Irrigation &amp; Partner Plantings</b></p> <p>With drought and water restrictions looming, this workshop will discuss proper irrigation (on a water budget) and explore plants that do best when planted together.</p>	Tuesday, April 9	12:00-1:00pm	<b>Center for Sustainability</b> in JMAC 142
<p><b>In Defense of Food - Book Discussion</b></p> <p>Will discuss Michael Pollan's novel, <i>In Defense of Food</i>. Lunch will be provided and each participant will receive a free copy of <i>Food Rules</i>. <i>Three free admissions to Pollan's upcoming 5/8 event on campus will also be raffled off to attendees.</i></p>	<p>Tuesday, April 16</p> <p><b>RSVP by April 12th to <a href="mailto:katie.dunker@du.edu">katie.dunker@du.edu</a></b></p>	<p>12:00-1:00pm</p> <p>Lunch served at 11:30am</p>	<b>Johnson-McFarlane Hall</b> classroom
<p><b>How to Fix a Flat &amp; Make your Bike Stop Squeaking</b></p> <p>Learn basic bike maintenance skills and get your questions answered. <i>Everyone will receive a free velcro leg strap for biking.</i></p>	Tuesday, April 23	12:00-1:00pm	<b>Center for Sustainability</b> in JMAC 142
<p><b>Healing Foods</b></p> <p>Certain foods have been used for holistic healing in other cultures for centuries. Come discuss the connection between diet and disease, potential allergens, and ways to incorporate healing foods into your diet.</p>	Wednesday, April 24	12:00-1:00pm	<b>University Hall</b> room 304

All faculty and staff are invited to attend.

**Updates and information at [www.du.edu/wellness](http://www.du.edu/wellness).**

May workshops can be found on the Employee Wellness Calendar at [du.edu/wellness](http://du.edu/wellness)