### March 2018

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**Send a St. Patrick’s Day Clover Gram:** Submit a clover gram by **March 9.**

Tell a coworker how lucky you are to work with them. Your special message will be delivered during Blue Hens Go Green Week. Show your appreciation for their hard work. The recipient can be anywhere on campus. **Sign up here http://www.udel.edu/004616.**

Make sure to provide department as well as the email address to guarantee delivery. Limit two Clover Grams per employee, candy and non-candy options available.

**Your attitude not your aptitude, will determine your altitude.**

**Workshop**

**Financial Wellbeing**

Part 2: Mutual Funds, Exchange Traded Funds, Closed End Funds

5-6 p.m.

208 Gore Hall

**Workshop**

**Financial Wellbeing**

Part 3: How to Build a Diversified Portfolio

5-6 p.m.

208 Gore Hall

**National Sleep Awareness Week**

http://www.udel.edu/004620

**Your attitude not your aptitude, will determine your altitude.**

**Happy St. Patrick’s Day**

**Family Fun Day**

9-11 a.m., STAR Campus

**WEAR GREEN FOR FREE GROUP FITNESS CLASSES**

10:30 A.M.-2 P.M., CSB

**American Diabetes Association**

**ALERT!DAY**

The best preparation for tomorrow is doing your best today.
March is National Nutrition month. The Academy of Nutrition and Dietetics is focusing on promoting the importance of making informed food choices and developing strong eating and physical activity habits. Whether it’s starting the day off right with a healthy breakfast or fueling before a sporting event, the foods you select can make a real difference. Preparing your foods to go further, by planning meals and snacks in advance can also help to reduce food loss and waste. For more information on the “Go Further with Food” campaign please visit: http://www.eatright.org/resources/national-nutrition-month.

### PROGRAMS AND WORKSHOPS

**Begins on Monday, March 19**

**Spring into Motion**

Spring Into Motion registration begins on March 12. Team up with 4-5 of your coworkers, or go it alone. This program will allow you to track your steps/minutes, giving you points for all of your physical activity. Participate in weekly events for a chance to spend some time with your team and meet other employees in the program. Learn more at [www.udel.edu/004616](http://www.udel.edu/004616).

**Registration opens March 12**

**STAR Health: Conversations on Healthcare**

*Is this just a phase? Supporting the Journey from Childhood to Adulthood.*

This session will help parents and health professionals make the best choices for children as they transition from childhood to adulthood. The discussion will cover a variety of health topics, including behavior, mental health, special needs and disabilities. We will identify respective resource services to support and encourage healthy and productive adulthood years. Join the conversation, sign up today at [http://www.udel.edu/004156](http://www.udel.edu/004156).

**Wellness Speaker Series: Elyse Fox**

*100 Kirkbride*

After creating a documentary about her depression, Elyse Fox found that women across the world connected to her story. Elyse then founded Sad Girls Club creating an online community for young women to talk about their mental health struggles. This presentation will serve to help you identify a self-care method and explain the steps involved in building a strong support network.

**Monday, March 12, 10 a.m.-2 p.m.**

**Highland Games**

Create a team and join in this interactive event. Ten activities will be offered including: caber toss, hammer throw, bowling and more. Points will be tallied and the winning team of each activity will be entered into a raffle to win one of these prizes: 3 personal training sessions, swell water bottle, $50 main street gift card, and more. Sign up today [www.udel.edu/004616](http://www.udel.edu/004616).
**Wednesdays, March 7, 21, 28 from 5-6 p.m.**

**Financial Wellbeing**  
208 Gore Hall

- **Part 1:** UD’s 403b Plan, featuring a representative from UD Human Resources and TIAA.
- **Part 2:** Mutual Funds, Exchange Traded Funds, Closed End Funds - What’s the difference? Understand the difference between various types of funds so you can choose the one that’s best for you.
- **Part 3:** How to Build a Diversified Portfolio. How to create a diversified investment portfolio using the fund types described at the March 21st workshop.

Register for Financial Wellbeing at [http://www.signupgenius.com/go/409084daead28a1f85-financial1](http://www.signupgenius.com/go/409084daead28a1f85-financial1)

**Wednesday, March 14, 5-6:30 p.m.**

**Speaker Event: Dr. Victor Stretcher**  
Mitchell Hall

**MAKE YOUR OWN LUCK HOW TO LEAD A PURPOSE DRIVEN LIFE:** Dr. Victor Stretcher will engage us on life purpose and demonstrating through science how life purpose connects to health. Dr. Strecher has been a Professor in the University of Michigan School of Public Health since 1995. He founded the Center for Health Communications Research and has been a leading investigator on over $45 million in grant-funded studies. Want to get to know him better? Visit his websites: https://www.vicstrecher.com/ or http://www.dungbeetle.org/behind-the-story/ to learn more. Do not miss the chance to hear this engaging and exciting talk, register now at [http://www.udel.edu/004588](http://www.udel.edu/004588).

**Thursday, March 15, 9-11 a.m.**

**St. Patricks Day Breakfast**  
Star Health

St. Patrick’s Day breakfast! This event will take place at the STAR Health building and will include games, food demos, and recipes. Foods you will sample include shamrock smoothies, rainbow fruit skewers and shamrock eggs. Don’t miss out on this festive event and register by using the form: [https://goo.gl/forms/v0anvtibZbfUt0sL2](https:// goo.gl/forms/v0anvtibZbfUt0sL2)

**Thursday, March 15, 6:20-8:20 p.m.**

**Test Your Luck**  
Carpenter Sports Building

Test your luck in the Recreation fitness challenges for the chance to win prizes! The top male and female performers of each challenge will earn a prize. This event is open to UD students and employees. Events are as follows: 6:20-8:20 p.m.--3pt Challenge; 6:20 p.m.--Push Up Challenge; 6:40 p.m.--Tire Flip Challenge; 7 p.m.--Pull Up Challenge; 7:20 p.m.--Plank Challenge; 7:40 p.m.--Shuttle Run Challenge; 8 p.m.--Tire Farmer’s Carry Challenge

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**March 2018**

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**For more Information visit udel.edu/wellbeing**

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. The University of Delaware is an equal opportunity/affirmative action employer and Title IX institution. For the University’s complete non-discrimination statement, visit [www.udel.edu/aboutus/legalnotices.html](http://www.udel.edu/aboutus/legalnotices.html)