CONVERSATIONS IN HEALTHCARE This conversation series allows the community to talk to industry experts about a variety of topics. The goal of each event is to take the "clinical" out of the conversation. Audience members are encouraged to ask questions and share stories. The series is moderated by Former Cabinet Secretary of the Delaware Department of Health and Social Services, Rita Landgraf.

FALL PROGRAMS OVERVIEW Meet the team and learn more about our Fall Program offerings!

MORNING MEDITATION Start your mornings by getting focused and centered through meditation. Learn new techniques and expand your emotional agility through any of these 15 minute meditation sessions. Expect to experiment and expand your meditation horizons by participating in a session that feature singing bowls, guided meditations, mantras, or chanting.

SUSTAINABLE LIVING SERIES Employee Health and Wellbeing presents a 5-part series designed to develop a broader understanding of how the choices we make to care for our planet are also steps to care for ourselves. Learn how to promote and live a green and sustainable lifestyle from UD experts in gardening, farming, nutrition and recycling.

TAKE ACTION UD In response to President Assanis' call to do better together to build a more inclusive UD culture, Employee Health and Wellbeing presents an interactive social justice education series to support employees in their efforts to listen, learn and act now for change. These panel-style conversations feature UD experts who explore the relationships between social injustice and wellbeing.

THAT'S INTERESTING Learning new things provides all kinds of surprising benefits to our mental health, primarily from the release of that famous feel-good brain chemical dopamine. Take some time to learn what interesting things are happening behind the scenes at UD through this virtual series to spark some joy-inducing curiosity.

WORKPLACE WIND-DOWN De-stress and unwind after the workday through meditation. Practice mindfulness to train attention and awareness and achieve a mentally clear and emotionally calm and stable state through any of these 15-minute sessions.

WORKING WELL SERIES Wellbeing is a top workplace priority, especially when we calculate the time employees are spending there. Throughout this 11-part workplace wellbeing series you will, identify key ingredients that go into high functioning workplaces, and focus on your individual wellbeing.