

# June 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Goal for the month:</b> To celebrate National Family Health and Fitness Day try and focus on getting your family outside and active all month long! You can do this by checking out some of the local parks in your area, going for a hike, or trying out a new activity. This is a great way to not only get active, but to enjoy quality time with your family as well!</p> <p><b>FREE EMPLOYEE FITNESS CLASSES FOR THE MONTH OF JUNE</b></p>					<p>1 <b>ELI Kite/Sport Day</b> 1-4 p.m. Little Bob Turf Fields 30 E. Main Street</p>	<p>2 <b>Mayor's Fun Ride</b> 10 a.m. <a href="http://newarkde.gov/play">newarkde.gov/play</a> Newark Shopping Center 230 East Main Street</p>
<p>3 <b>10th UD Blue Hen 5K</b> 9 a.m. <a href="http://www.udel.edu/004852">http://www.udel.edu/004852</a> Laird Campus</p>	<p>4 <b>Employee Appreciation Week</b> Visit <a href="http://udel.edu/wellbeing">udel.edu/wellbeing</a> for a full list of events!</p>	<p>5 <b>GREEK FESTIVAL</b> JUNE 6-9</p>	<p>6  NATIONAL RUNNING DAY</p>	<p>7 <a href="http://greekfestde.com">http://greekfestde.com</a></p>	<p>8 <b>National Best Friends Day!</b></p>	<p>9 <b>National Family Health &amp; Fitness Day</b> Go outside and get active with your family!</p>
<p>10 <b>St. Anthony's Italian Festival, June 10-17</b> <a href="https://stanthonysfestival.com/">https://stanthonysfestival.com/</a></p>	<p>11 <b>Computer Workstation Ergonomic Training</b> <a href="http://www.udel.edu/004843">http://www.udel.edu/004843</a></p>	<p>12</p>	<p>13</p>	<p>14</p>	<p>15 <i>"The body achieves what the mind believes"</i></p>	<p>16</p>
<p>17  Happy Father's Day</p>	<p>18</p>	<p>19 <b>Family Fun Night</b> 6-8 p.m. <b>Brandywine Zoo</b> 1001 N Park Dr. Wilmington, DE 19802 <a href="http://brandywinezoo.org/">brandywinezoo.org/</a></p>	<p>20 <b>12th annual B+ 5k Fighting Childhood Cancer</b> 6:45 p.m. Salesianum School 1801 N. Broom St. <a href="http://www.beposfdn.org/5K18/">www.beposfdn.org/5K18/</a></p>	<p>21</p>	<p>22</p>	<p>23</p>
<p>24 <i>"The body achieves what the mind believes"</i></p>	<p>25</p>	<p>26</p>	<p>27</p>	<p>28 <i>"Life begins at the end of your comfort zone"</i></p>	<p>29</p>	<p>30</p>

# 2018 June

## Health and Wellbeing Resources and Details

### National Safety Month

June is National Safety Month. Injuries are the leading cause of death for Americans between the ages of one and forty. The good thing is, injuries can be prevented, through awareness and proper equipment. Some ways to avoid injury are by wearing a helmet when riding a bike, being aware of medication guidelines, being informed about first aid procedures and more! Learn more at <https://healthfinder.gov/NHO/JuneToolkit2.aspx>

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## Events

### June 1, 1-4 p.m. ELI Kite/Sport Day • Little Bob Turf Fields, 30 E. Main Street

This open event allows students and staff to build and fly kites on the Carpenter Sports Building Turf Fields. Pick up soccer will be taking place on the lower turf fields. Outdoor activities provided for students and staff.

### June 2, 10 a.m. Mayor's Fun Ride • Newark Shopping Center, 230 East Main Street (rain date is June 9th)

Educational information, raffles, prizes, and children's activities. Choose between a 2.5-mile family bike ride or a scenic 8.5-mile bike road throughout the city of Newark. Adults fee is \$5, children (17 & under) are free. Pre-register by May 30 at [newarkde.gov/play](http://newarkde.gov/play) to receive a free cinch bag. Cinch bags or t-shirts will be available for onsite registration while supplies last. For more information check out: <https://newarkde.gov/1070/Mayors-Fun-Ride>

### June 3, 9 a.m., 10th University of Delaware Blue Hen 5k • UD Laird Campus, 100 David Hollowell Drive

\$20 pre-registration or \$25 the day of the event, kid's fun run is free, register at <https://raceroster.com/events/2018/15628/10th-university-of-delaware-blue-hen-5k>

### June 3-Aug. 2, Delaware State Parks, Summer Concert Series, <http://destateparks.com/SummerConcerts>

This year's concerts are brought to you by Drive Sober, Arrive Alive DE! Bring a picnic and a blanket or a chair and relax while enjoying some live music at our FREE concerts! Parking entry fees in effect. Music ranges from oldies to big band to classic rock to country to indie, so there's sure to be something for everyone. Concerts begin at 6:30 p.m. (unless otherwise noted).

### June 4-8, Employee Appreciation Week (employees only)

This week long celebration is meant to honor all that you have accomplished for the University over the past year. Some events will allow you to take a breath and reflect on the year with your colleagues. Others will allow you to unwind and spend time with your family. We welcome all employees to any/all of the events! Visit [www.udel.edu/wellbeing](http://www.udel.edu/wellbeing) for a full list of events

### June 4-30, FREE Employee Summer Fitness Classes (employees only)

Enjoy free summer employee fitness classes, All Access Membership will start over on July 1st, by using your Employee Wellness Dollars or paying \$75. Register at [www.udel.edu/wellbeing](http://www.udel.edu/wellbeing).

### June 5-9, 11 a.m.-11 p.m., Holy Trinity Wilmington Greek Festival • 808 N Broom St. Wilmington, DE 19806

Authentic food, music, and dance performances. Admission is free. For more information check out: <http://greekfestde.com>

Employee Health  
& Wellbeing



Campus Wellbeing  
Collaborative

Please see next page for more details

# 2018 June

## Events

### June 10-17, 5:30–10:30 p.m. (Monday-Friday), 2–10:30 p.m., St. Anthony's Italian Festival 901 N. DuPont St. Wilmington, DE 19805

Ages 14-61, \$5 dollars a day. Under age 14 or over age 61, free admission. This is a week long celebration that includes authentic Italian dishes, performers, and carnival rides

### June 19, 6-8 p.m., Family Fun Night Brandywine Zoo • 1001 N Park Dr. Wilmington, DE 19802

Come check out this event hosted by 93.7 FM WSTW. Including games, activities, food, and lots of furry friends \$1 admission for everyone and free parking. Rain date is 6/21

Check out more at: <https://brandywinezoo.org/event/family-fun-night-4/>

### June 20, 6:45 p.m., 12th annual B+ 5k Fighting Childhood Cancer Salesianum School • 1801 N. Broom St. Wilmington, DE • [www.beposfdn.org/5K18/](http://www.beposfdn.org/5K18/)

Walk up registration 5:00 pm, join as an individual or a team. \$25 pre-registration fee. Tons of free food and drinks  
The first 1,500 will receive a B+ t-shirt

## DON'T FORGET TO BUY YOUR ALL ACCESS MEMBERSHIP JULY 1, 2018 FOR A FULL YEAR OF EMPLOYEE FITNESS CLASSES AND MORE!



**DO YOU** have an interest in fitness challenges?  
like to learn ways to adopt healthy lifestyles?  
take fitness classes?  
want wellbeing to be brought to you?

**ALL ACCESS MEMBERSHIP IS FOR YOU!**

Our goal is to make sure you are bringing your best self to work each day. This membership is to ensure that you are able to continue engaging in healthy behaviors and participate in the programs you love.

An annual payment of 75 wellness dollars to enroll includes:

- Full Year of Employee Fitness Classes
- Lifestyle Improvement Series
- Fall and Spring Major Wellbeing Programs and Competitions
- Campus Wide Health and Wellbeing Campaigns

 Employee Health & Wellbeing

**To register visit [udel.edu/wellbeing](http://udel.edu/wellbeing) or call 302-831-8388.**

Programs listed in the ALL ACCESS MEMBERSHIP cannot be purchased individually. The ALL ACCESS MEMBERSHIP does not include Fitness Services (personal training, fitness assessments) Individual Health Screenings and Specialty Programs and is not prorated throughout the year.

Employee Health  
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