

July 2018

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--------|--|---|--|---|---|
|  <p>1</p> <p>Time to renew your All Access Membership</p> | 2 | 3 |  <p>4</p> <p>33rd Firecracker 5k Run/Walk 8:30 a.m., Rockford Park 19th Street & Tower Rd. Wilmington, DE</p> | <p>5</p> <p>UD Summer Farmers Market 11a.m.-2 p.m. Mentors' Circle</p> | 6 | 7 |
| 8 | 9 | 10 | <p>11</p> <p>Family Fun Night 6-8 p.m. Brandywine Zoo 1001 N Park Dr. Wilmington, DE 19802</p> | <p>12</p> <p>UD Summer Farmers Market 11a.m.-2 p.m. Mentors' Circle</p> | <p>13</p> <p>National Delaware Day Check out one of Delaware's state parks.</p> | 14 |
| 15 | 16 | <p>17</p> <p><i>Workshop</i> Ergonomics Training 9-10 a.m. General Services Building Room 130</p> | 18 | <p>19</p> <p>UD Summer Farmers Market 11a.m.-2 p.m. Mentors' Circle</p> | <p>20</p> <p>Ladybug Music Festival 5 p.m. 500 block of N. Market Street, Wilmington, DE 19801</p> | <p>21</p> <p>Ladybug Music Festival 5 p.m. 500 block of N. Market Street, Wilmington, DE 19801</p> <p>Delaware City Day 11 a.m. 407 Clinton St. Delaware City, DE 19706</p> |
| 22 | 23 | 24 | <p>25</p> <p>13th Annual Wilmington Games 5k 6:30 p.m., Baynard Stadium 18th & Broom Street, Wilmington, DE</p> | <p>26</p> <p>UD Summer Farmers Market 11a.m.-2 p.m. Mentors' Circle</p> | 27 | <p>28</p>  <p>NATIONAL DANCE DAY Dance it out to your favorite song!</p> |
| 29 | 30 | <p>31</p>  | <p>Goal of the month: Summer is the season of farmers markets. Celebrating its eighth season, the University of Delaware's summer Farmers Market is back at Mentors' Circle from 11 a.m.-2 p.m., Thursdays or check out a local one in your area. Try a new recipe for you and your family with locally grown fruits and vegetables!</p> | | | |
| | | | <p>Employee Health & Wellbeing</p>  | | <p>Campus Wellbeing Collaborative</p>  | |

July

July is UV Safety Month

Ultraviolet rays can harm your skin in less than fifteen minutes. In order to protect you and your family make sure to apply sunscreen with an SPF of at least fifteen. Additionally, try and use protective items such as sunglasses and hats when outside. For more information on sun safety, check out: https://www.cdc.gov/cancer/skin/basic_info/sun-safety.htm

All Access Membership Renewal

July 1

Membership costs 75 wellness dollars, learn more at: <https://sites.udel.edu/wellbeing/>. Membership includes: A full year of employee fitness classes, 1 free health coaching and biometric screening appointment, fall and spring programs (Walktober, Spring into Motion, etc.), Lifestyle improvement series.

UD Summer Farmers Market

6/8-9/21 (Thursdays only) @ 11 a.m. – 2 p.m. • Mentors' Circle, Newark, DE 19716

Purchase locally grown produce, baked goods and more. If inclement weather occurs the market will be moved into Perkins Student Center, and an announcement will be made on UDaily. Cash only

33rd Firecracker 5k Run Walk

7/4 @ 8:30 a.m. • Rockford Park • 19th Street & Tower Rd., Wilmington, DE

\$20 registration opens at 7:30 a.m. Amenities include refreshments, music, and gym bags.

Register here: <https://raceroster.com/events/2018/14609/33rd-firecracker-5k-run-walk>

Family Fun Night

7/11 @ 6–8 p.m. • Brandywine Zoo • 1001 N Park Dr., Wilmington, DE 19802

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. Check out more at: <https://brandywinezoo.org/event/family-fun-night-5/>

Ladybug Music Festival

7/20-7/21 @ 5 p.m. • 500 block of N. Market Street, Wilmington, DE 19801

This two day block party will include 75 musical acts from a variety of female artists. Free admission. To check out the performers go to: <https://theladybugfestival.com/>

Delaware City Day

7/21 @ 11 a.m. Parade starts • 407 Clinton St. Delaware City, DE 19706

Variety of music, vendors, crafters, and family activities. Fireworks start at 9:30 p.m. Free admission

13th Annual Wilmington Games 5k

7/25 @ 6:30 p.m. • Baynard Stadium • 18th & Broom Street, Wilmington, DE

Pre-registration is \$15. Registration day of is \$20 • Amenities include a t-shirt and post-race refreshments. Register at: <https://raceroster.com/events/2018/16508/13th-annual-wilmington-games-5k>

WORKSHOP Ergonomics Training

7/17 @ 9–10 a.m. • General Services Building, Room 130, Newark, DE (unless otherwise noted)

This training session helps identify different ergonomic issues at work stations. To register check out: Ergonomics. To schedule on-site training sessions for your department you can also contact EHS at dehsafety@udel.edu or x8475.

Employee Health
& Wellbeing



Campus Wellbeing
Collaborative