

September 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Goal of the month: Celebrate Whole Grains month this September! Try and change up your lunch routine at work by incorporating more whole grains into your diet. For example, try your sandwich with whole grain bread or swap your white rice to brown rice or quinoa. For more information check out: https://wholegrainscouncil.org/get-involved/celebrate-whole-grains-month-september</p>						<p>Grit 'N Wit 1-3 p.m. Harrington Turf</p>
2	 <p>HAPPY LABOR DAY</p> <p>Enjoy some quality time with your friends and family</p>	 <p>NATIONAL WILDLIFE DAY September 8th</p> <p>Get outside and enjoy the world around you.</p>	5	6	7	<p>Fit Fest! 10 a.m.-1 p.m. Carpenter Sports Building</p> <hr/> <p>Mushroom Festival 10 a.m.-7 p.m. 101 S. Union St. Kennett Square, PA 19348</p>
<p>AHA Heart Walk 9 a.m. Wilmington Riverfront</p> <hr/> <p>Mushroom Festival 10 a.m.-5 p.m. 101 S. Union St. Kennett Square, PA 19348</p>	10	 <p>9/11 National Day of Service 10 a.m.-12 p.m. Olan Thomas Park & Pomeroy Trail 89 Paper Mill Rd.</p>	<p>Workshop ANEW Series #1 5-6:30 p.m. STAR Tower at UD Health</p>	<p>Workshop Practical Wellbeing 12-1 p.m. Trabant Student Center</p>	14	<p>Wilmington Wellness Day 12-3 p.m. Herman M. Holloway Sr. Park East 7th & North Lombard Sts. Wilmington, DE 19801</p>
<p>Community Day 11 a.m.-3 p.m. UD Green (from Memorial Hall to Main street)</p>	17	<p>Ergonomics Training 10 a.m. General Services Building, Rm. 130</p> <hr/> <p>Wellbeing on the Green 10 a.m.-1 p.m. South Green, Memorial/Library</p>	19	2	21	 <p>VISIT UDAIRY TODAY</p> <hr/> <p>Townsend Fair 11 a.m.-3 p.m. 104 Edgar Road, Townsend, DE</p>
23	24	<p>Workshop Aging Well Conversation Series 5-6:30 p.m. North Atrium, UD Health</p>	26	27	28	29
<p>2018 St. Hedwig Polish Festival</p>			<p>(Mon.-Fri.) and 3-10 p.m. (Sat.) Wilmington Riverfront Shipyard Dr., Wilmington, DE 19801</p>		<p><i>"You will never have this day again so make it count"</i></p>	 <p>WORLD HEART DAY</p> <p>Help your heart by getting active today</p>
<p>Faithful Friends 5K Run/Walk 10 a.m. Bellevue Park located 800 Carr Rd., Wilmington, DE 19809</p>	30					

September

September is National Cholesterol Education Month

It's a great time to get your cholesterol checked! Employee Health & Wellbeing provides a **KNOW YOUR NUMBERS SCREENING**. Receive baselines of your cholesterol, blood sugar and HDL cholesterol levels. You can use your wellness dollars or register for the All-Access Membership for a screening. For more information check out:

<https://sites.udel.edu/wellbeing/project/aam-events/>

Grit 'N Wit

9/1 @ 1-3 p.m. • Harrington Turf

The parade is from 9–9:30 a.m. Free admission. There will be crafters, vendors, food, and more. For more information check out:

<https://wyoming.delaware.gov/peach-festival/>

The 32nd Annual Mushroom Festival

9/8-9 @ 9/8 @ 10 a.m.–7 p.m. • 9/8-9 @ 10 a.m. -5 p.m. • 101 S. Union St. Kennett Square, PA 19348

Admission, \$3 dollars for ages 12 and up. A day of culinary events, growing exhibits, children's entertainment, as well as 200 vendors. For more information check out: <https://mushroomfestival.org/about/>

Fit Fest

9/8 @ 10 a.m.–1 p.m. • Carpenter Sports Building, 26 N College Ave, Newark, DE 19711

Free event. Open to all students and staff. Learn about different wellness offerings and enter to win raffle prizes. First 250 people to complete the wellness journey will receive a t-shirt.

AHA Heart Walk

9/9 @ 9 a.m. • Wilmington Riverfront Lot E, 0 Shipyard Drive Wilmington, DE 19801

No fee to participate, but donations are appreciated. Raise \$100 or more and receive a t-shirt. UD Health Science team is looking for people to join: http://www2.heart.org/site/TR?fr_id=3518&pg=team&team_id=403119. To start a team or join as an individual register at: http://www2.heart.org/site/PageServer?pagename=heartwalk_register&fr_id=3518

National Day of Service

9/11 @ 10 a.m.–12 p.m. • Olan Thomas Park & Pomeroy Trail, 89 Paper Mill Rd, Newark, DE 19711

Free event. Volunteer as an individual or group to help clean up the community and take part in park projects. For more information check out: <https://newarkde.gov/162/Community-Events>

Wilmington Wellness Day

9/15 @ 12–3 p.m. • Herman M. Holloway Sr. Park, East 7th and North Lombard Streets Wilmington, DE 19801

An event promoting safe and healthy lifestyles. Including healthcare groups, safety-related organizations, and other businesses. This event will be focusing on the importance of prevention and early detection of disease

Community Day

9/16 @ 11 a.m. - 4 p.m. • UD Green (from Memorial Hall to Main street)

Free admission. Enjoy food vendors, crafts, music, games, community booths, and more. Rain date is September 23. For more information check out: <https://newarkde.gov/700/Community-Day>

Wellbeing on the Green

9/18 @ 10 a.m.-1 p.m. • South Green in front of Memorial/Morris Library • S. College Ave.

No registration needed. Offering free fitness classes, body fat/blood pressure screenings, information tables, and giveaways. Rain Location: Perkins Gallery Room.

September

13th Annual Townsend Fair

9/22 @ 11 a.m.-3 p.m. • Municipal • 104 Edgar Road, Townsend, DE

There will be carnival games, inflatables, contests, face painting, food, and roughly 100 vendors. Free admission. For more information check out: <https://townsend.delaware.gov/events/2018-09-22/>

2018 St. Hedwig Polish Festival

9/24-9/29 @ 5-10 p.m. (Mon.-Fri.), 3-10 p.m. (Sat.) • Wilmington Riverfront • 818 Shipyard Dr., Wilmington, DE 19801

Free admission and parking. Food, live music, rides and attractions, and more. For more information check out: <https://www.sthedwigde.org/66>

Faithful Friends 2018 5K Run/Walk

9/30 @ 10 a.m. • Bellevue Park • 800 Carr Road Wilmington, DE 19809

Pre-Registration for 5K is \$30 for adults & \$20 for youth. Day of registration for 5K is \$35 for adults & \$25 for youth. Muttt mile is \$20 for pre-registration & \$25 for day of registration. Post race amenities include food and fun for the whole family. For more information check out: <https://faithfulfriends.salsalabs.org/20185k/index.html>

WORKSHOP

ANew Series #1

9/12-10/17 @ 5 p.m. - 6:30 p.m. (Wednesday's only) • Tower at UD Health • 540 S College Ave, Newark, DE 19713

A series aimed at helping women improve their health through nutrition, exercise, and wellbeing group coaching sessions. To register email health-coaching@udel.edu or call 302-831-3891

Practical Wellbeing

9/13 @ 12-1 p.m. • Trabant 209/211, 17 W. Main St. Newark, DE 19716

Explore ways to maximize your mental, emotional, and physical wellbeing throughout your daily life. Light refreshments will be provided. To register: wellbeing.udel.edu/programs

Ergonomics Training

9/18 @ 9-10 a.m. • Room 130 General Services Building Newark, DE (unless otherwise noted)

This training session helps you identify different ergonomic issues at your 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.

Aging Well Conversation Series

9/25 @ 5-6:30 p.m. • North Atrium, UD Health • 540 S College Ave, Newark, DE 19713

This session will go over how to age well throughout the years. Light refreshments will be provided. Registration is required at: <http://www.udel.edu/005063>



UNIVERSITY OF DELAWARE

**EMPLOYEE HEALTH
& WELLBEING**

These programs are brought to you by Employee Health & Wellbeing and the Campus Wellbeing Collaborative