

30 Days of Wellness: April 2015

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
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| | | | 1 It's National Walking Day! Take a Walk with Mayor Harp - meet @ City Hall steps at 2 p.m. | 2 Fill half your plate with fruits and vegetables. Find out why more matters! | 3 Start a gratitude list . | 4 Start your seedlings for your summer garden . |
| 5 Enjoy a dark chocolate bunny. | 6 De-stress with a ten-minute Chair Massage (Development Conf. room). Space is limited. Click here to register. | 7 Visit a colleague instead of sending an email. | 8 Join Magellan's "The Art of Mindfulness" Webinar from 2:00-3:00. Register here . | 9 Take a break and visit an urban meadow . | 10 Mindfulness Meditation 101 at noon in Marsh Botanical Garden . Space is limited. Click here to register. | 11 Check out the William Thomson Memorial Run for Youth at Edgewood Park. |
| 12 Join or cheer on the runners in Julia's Run for Kids at Cross Campus. | 13 Do a Monday mile and track your distance with a free walking app . | 14 Rethink your drink and make your own spa water . | 15 Try a 7-minute workout in your office. | 16 It's National Stress Awareness Day. Learn more about Being Well at Yale's stress management resources . | 17 Gentle Yoga (no mat required) at noon in Bowers. Space is limited. Click here to register. | 18 Spend time with cheerful people. Laugh more! |
| 19 It's National Garlic Day! Add a few cloves to your dinner tonight. | 20 Register for the Greater New Haven Heart Walk. Click here to join a team or create your own. | 21 Join our Tai Chi demo class at noon in Bowers. Space is limited. Click here to register. | 22 Happy Earth and Administrative Professionals* Day! | 23 Try a new recipe in the F&ES Alumni Cookbook . | 24 Visit and volunteer at the Yale Farm. | 25 Join the Rock to Rock Earth Day Ride . |
| 26 Review Yale's guidelines to ensure a safe and comfortable computer workstation. | 27 Make it a Meatless Monday . Try a new vegetarian recipe . | 28 Bring a healthy topping and join our Salad Social in Bowers at noon. Click here to register. | 29 Take up a new hobby like knitting, painting or swing dancing . | 30 Pay it forward - compliment a colleague on a job or task well done. | | * <i>The Administrative Professionals Day Celebration for C&Ts is on April 22nd at 2:30 p.m. in Bowers Auditorium</i> |