

April 2014



~ April 2014 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Wellness Challenge Kickoff- Sacramento 11:00am-1:00pm Courtyard Marriott Ballroom	2	3	4	5
6	7 "Meditation: Deep Relaxation" UCDHS - Glassrock Room 7106 12 – 1 pm Yvonne Segmany	8	9	10 "Stress Release" UCDHS – Ticon III, T&D Room 2400 12 – 1 pm Derika Fa'amausili	11	12
13	14 "15 min. Guided Meditation" UCDHS - Glassrock Room 7106 12 – 12:15 pm Yvonne Segmany	15	16	17	18	19
20	21 "15 min. Guided Meditation" UCDHS - Glassrock Room 7106 12 – 12:15 pm Carole Gan	22	23	24 Nutrition Workshop UCDHS – Cancer Center Auditorium 12 – 1 pm Food & Nutrition Srvs	25	26
27	28 "15 min. Guided Meditation" UCDHS - Glassrock Room 7106 12 – 12:15 pm Carole Gan	29	30			

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				1	2	3
4	5	6 "Clear Your Clutter" UCDHS – MIND, Auditorium 1115 12 – 1 pm Claudia Smith	7	8	9	10
11	12 "15 min. Guided Meditation" UCDHS - Glassrock Room 7106 12 – 12:15 pm Carole Gan	13	14 Nutrition Workshop UCDHS – Cancer Center Auditorium 12 – 1 pm Food & Nutrition Srvs	15	16	17
18	19 "15 min. Guided Meditation" UCDHS - Glassrock Room 7106 12 – 12:15 pm Carole Gan	20	21 UC Walks Day 11am - 1pm Cancer Survivors Park	22	23 Thank Goodness For Staff Appreciation Day	24
25	26	27	28	29	30	31