Well-being & Ergonomics - Safety Month 2019

Week of May 6

Well-being & Ergonomics
We want you to remain healthy during your time at UC Davis and long afterward. And your wellness is directly connected to diet and sound ergonomics. We invite you to participate in the following events where campus experts will share tips that can improve your well-being and productivity at work – providing lifelong results

May 7
Explore how sound ergonomics and proper nutrition can improve your well-being and productivity at work.

Noon – 1 p.m.
Plant and Environmental Sciences, Room 3001 [map [1]]
Please RSVP for catering purposes [2]

Presented by:
- Ergonomics Program Director, Hamid Fonooni PhD
- Health & Well-being Director, Stacey Brezing
- Registered Dietitian, Linda Adams
- Dietetic Intern, Viktoria Cojan

**Wednesday, May 8**
Wellness Zone @ TGFS
Staff get a free lunch at Thank Goodness for Staff, but everyone can visit the wellness zone to speak with departments and off-campus vendors dedicated to keeping you healthy.

11 a.m. - 1:30 p.m.
Russell Field [map [3]]

**Thursday, May 9**
**Ergonomics Workshop**
If you are a Department Safety Coordinator (DSC) or have responsibilities for helping with ergonomics concerns in your department, please register for a Tier I Ergonomics Evaluation Workshop. Ergonomics is a wise investment in improving productivity, and enhancing morale and the well-being of your staff.

8:30 a.m. – noon
Occupational Health, Cowell Building

Register by email at ergoteam@ucdavis.edu [4]

**Thursday, May 9**
Explore how sound ergonomics and proper nutrition can improve your well-being and productivity at work.

Noon – 1 p.m.
Institute of Transportation Studies, West Village [map [5]]
Please RSVP for catering purposes [2]

Presented by:

- Ergonomics Program Director, Hamid Fonooni PhD
- Health & Well-being Director, Stacey Brezing
- Registered Dietitian, Linda Adams
- Dietetic Intern, Viktoria Cojan

Friday, May 10
Tai Chi

Gentle meditation in motion - both an exercise and a martial art that focuses on health and relaxation.

Noon – 1 p.m.
Hoagland Hall, 130

Contact

Health & Well-being
wellbeing@ucdavis.edu 530-752-6051

Related content

1. Safety Month
2. Emergency Management & Mission Continuity - Safety Month 2019
3. Field Safety & EpiPen Training - Safety Month 2019
4. Youth Protection - Safety Month 2019

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Links
[1] https://campusmap.ucdavis.edu/
[4] mailto:ergoteam@ucdavis.edu
[5] https://its.ucdavis.edu/about/visit-us/