

# UC DAVIS

## SAFETY SERVICES

*Think Safe. Act Safe. Be Safe.*

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## Staff and Faculty Health and Well-being Program

# UC DAVIS

## Staff and Faculty Health and Well-being



Want to get these event notifications sent directly to your inbox? Join our email listserv! Email [wellbeing@ucdavis.edu](mailto:wellbeing@ucdavis.edu) [1] to be added to the listserv.

### Upcoming Events:

### Contact

### Health & Well-being

## Related content

1. About the Well-being Program
2. Could I Have Prediabetes?
3. Healthy Department Certification
4. Healthy Holiday Challenge
5. Healthy Meeting and Event Guide
6. Know Your Numbers
7. Mindfulness Based Services
8. Nutrition Services
9. Wellness Ambassador Program

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### Links

[1] <mailto:wellbeing@ucdavis.edu?subject=Join%20the%20Health%20and%20Wellbeing%20Listserv>