3,236 unique individuals including 88% staff, 5% faculty, 5% students, and less than 1% each of retirees, external, and of unknown affiliation participated in SFHWB programming

Participants joined from UC Davis Campus (62%), UC Davis Health (33%), unknown locations (5%), and remote campuses (1%)

SFHWB offered a cumulative 565 hours of programming for a total of 32 programs and events

Programming included 16 new Well-being Series and Offerings such as Mindfulness Meditations, the Wellness Ambassador Program, Financial Well-being Series, Gentle Yoga, Flu Clinic, Biking with Confidence, and Nature Rx
SFHWB showcased program offerings addressing the interests and needs expressed by staff and faculty at **10 outreach events**

The listserv **gained 304 subscribers**, reaching 3,424 in FY 2018-19

**19 partnerships** helped to maximize the impact of SFHWB programming by leveraging existing resources facilitating knowledge sharing to enhance new and existing programming

**78% of respondents** indicated being very or extremely satisfied with the program, putting SFHWB in the top 10 units within Finance, Operations, and Administration (FOA) in the 2019 Academic and Staff Satisfaction Survey

**86% of respondents** indicated that continuation of programming and services was important in the FOA 2019 Survey

**96.3% of respondents** expressed that the instructor-led program content was valuable in feedback surveys

**92.9% of respondents** felt that the instructor-led programs had a positive impact on their well-being in feedback surveys