Seeds of Wellbeing

Explore simple, practical everyday activities to help cultivate wellbeing.

Savoring for Wellbeing | OCT 18
Learn practical ways to start savoring the positive in your life.

Gratitude for Wellbeing | NOV 8
*The Science of Practice and Gratitude: What Have We Learned?*
Join Robert Emmons, PhD for “The Science and Practice of Gratitude.”

Kindness for Wellbeing | JAN 10
Learn simple ways of bringing more kindness to your life.

Self Compassion for Wellbeing | FEB 14
This Valentine’s Day, learn how to love yourself unconditionally.

Generosity for Wellbeing | MAR 14
Cultivate a generous heart and improve your wellbeing.

Focus for Wellbeing | APR 11
Learn how and why to focus your attention for wellbeing.

THURSDAYS
2018-19
MONTHLY
NOON – 1 PM
*No session in December
REGISTRATION IS REQUIRED
Visit wellbeing.ucdavis.edu to register.
wellbeing@ucdavis.edu

Class size is limited. This is a year-long program and we encourage you to sign up for only those sessions that you can realistically expect to attend.

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UC DAVIS Staff and Faculty Health and Well-being