Wellness Ambassador Training

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September 18, 2019
Agenda

• Welcome
• Healthy Department Certification
• Wellness Ambassador Mini Grants
• Farmer’s Market Vouchers
• Upcoming Events
Mini-grant Timeline

Complete Healthy Department Certification

Open: August 26 – October 4, 2019

Complete Needs Assessment

After completing Healthy Department Certification and before applying for a mini-grant

Apply for a Mini-grant

Application Period: October 21 - November 15, 2019
Healthy Department Certification

Complete Healthy Department Certification

Open: August 26 – October 4, 2019

- Assesses 8 categories:
  - Department Leaders
  - Communications and Promotions
  - Physical Activity and Movement
  - Food Environment
  - Physical Environment
  - Stress Management and Emotional Health
  - Ergonomics and Safety
Healthy Department Certification

• Three Scores:
  – Striving for Certified Healthy
  – Certified Healthy
  – Gold Certified Healthy

• Certification lasts for 3 years

• Recommended to complete the certification process with at least one other colleague.
  – This is to account for all possible interpretations of the questions
Needs Assessment

Complete Needs Assessment

After completing Healthy Department Certification and before applying for a mini-grant

• This will help guide recommendations for what kind of health and well-being programming could work in your department
  • [Sample Needs Assessment](#)
  • Also found on [Google Drive](#)
Health & Well-being Needs Assessment and Interest Survey

Greetings from your Wellness Ambassador Department. Wellness Ambassadors help change workplace culture to promote health. By completing this brief survey, you will help guide recommendations for health and wellness programming in our department.

UCDavis
Staff and Faculty
Health and Well-being
Health & Well-being Needs Assessment and Interest Survey
Health & Well-being Needs Assessment and Interest Survey

Greetings from your Wellness Ambassadors! We are dedicated to promoting health by completing the workplace culture to support health and wellness.

What best fits your personal health and wellness?

Copy document

Name: Copy of Wellness Ambassador Department
Folder: My Drive

☑ Share it with the same people

OK Cancel
Mini Grants

Apply for a Mini-grant

Application Period: October 21 - November 15, 2019

• Up to $500 in funding
• Changing to annual format, opens each year in Fall
Additional Information

If you have already completed the Healthy Department Certification in Fall 2018 and were awarded:

- "striving for certified healthy,"
- "certified healthy," or
- "gold certified healthy"

in the last three years, you will not need to complete this certification process again in order to apply for mini-grants.

• Contact Keavagh Clift at kclift@ucdavis.edu with any questions regarding the Healthy Department Certification or Mini-Grant process.
Upcoming Events

• **Active Aggies** returns on Sept. 24
  • **Time:** 12:05 – 12:55 pm and **new evening class!**
  • **Location:** Likely Medical Sciences 1C at “Old Scrubs”, Room 150. Full details to be announced on [wellbeing.ucdavis.edu](http://wellbeing.ucdavis.edu)

• Class Types:
  • **Bodyweight Circuit (Aerobics):** Mondays and Wednesdays at 12:05 pm
  • **Yoga Strength:** Tuesdays and Thursdays at 12:05 pm
    • **New Time Added:** Wednesday evenings, 5:30 – 6:30 pm
  • **New! Zumba:** Fridays at 12:05 pm
Upcoming Events

• Nature Rx
  • **Time:** 12:10 – 1 pm
  • **Class dates and topics:**
    • Oct. 7 – Mini Succulent Gardens
    • Oct. 14 – Watercolors in the Arboretum
    • Oct. 21 – Terrariums
    • Oct. 28 – Fall Harvest

• Application period closes on Friday, Sept. 20, at 5 p.m.
• Go to [wellbeing.ucdavis.edu](http://wellbeing.ucdavis.edu) to register
Upcoming Events

• Tai Chi
  • Time: 12 – 1 pm
  • Dates:
    • Mondays at Cousteau Place
    • Wednesdays and Fridays at Hoagland Hall

• Flu Clinics proposed:
  • Wed., Oct. 2 - 260 Cousteau Place
  • Wed., Oct. 9 - Drew Avenue/Office of Research
  • Thurs., Oct. 17 - “Old Scrubs” in Health Sciences District
  • Tues., Oct. 22 - Cowell Building Foyer

• Go to wellbeing.ucdavis.edu for full details
Upcoming Events

• Midday Mindfulness Meditation
  • Returns Oct. 30

• Go to wellbeing.ucdavis.edu for full details
Upcoming Events

• UC Davis Benefits Fair
  • **Date:** Friday, November 8, 2019
  • **Time:** 11 am – 4 pm
  • **Location:** ARC Ballrooms A and B
  • Learn more about open enrollment, get free gifts, sign up for discounts

• Who will be there:
  • Health plans (UC Davis Health, Kaiser, and others)
  • Community vendors
  • UC Davis internal departments
Upcoming Events

• **Holiday Challenge** (formerly Maintain Don’t Gain)
  • Nov. 12 – Dec. 30

• **Gentle Lunchtime Yoga**
  • Returns Nov. 20
Farmers Market Vouchers

• Farmers Market
• **Dates:** Wednesdays from October 2 - Nov 6, 2019 (NOTE: No market on Oct 16)
• **Time:** 11am – 1:30pm
• **Location:** West Quad

• Use them as departmental incentives or purchase them as a gift for Aggie Compass to distribute to students who are food insecure.
THANK YOU!

Contact us at wellbeing@ucdavis.edu

wellbeing.ucdavis.edu & healthy.ucdavis.edu