

#TAKETHEWHEELCHALLENGE

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PRESENTED BY THE DEPARTMENT OF HEALTH & WELLNESS, IN PARTNERSHIP WITH THE ALCOHOL & DRUG PROGRAM, CAPS, THE DEPARTMENT OF RECREATION, AND THE RCSGD.

PARTICIPATE IN AN EVENT FROM 8 OF THE WELLNESS CATEGORIES TO BECOME ELIGIBLE FOR GIVEAWAYS LIKE A FITBIT.

SEXUAL HEALTH & RELATIONSHIPS

F*cking with Gender Workshops by Sinclair Sexsmith

April 12, 6:30-8pm
Location: HSSB 1174
Sponsor: Health & Wellness

“Bruising for Besos” Movie Screening

April 19, 6-8pm
Location: MCC Theatre
Sponsor: Health & Wellness

GAUCHO HIV Testing

May 2, 10am to 4pm
Location: SRB, MPR
Sponsor: Health & Wellness

“Pillow Talk” Collaboration with CARE

April 13, Noon to 1pm
Location: SRB MPR
Sponsor: Health & Wellness

Ins & Outs of Safer Sex

April 25, 5:30-7pm
Location: SRB MPR
Sponsor: Health & Wellness

Sex Toys & You

May 23, 7-8:30pm
Location: SRM MPR
Sponsor: Health & Wellness



Coming Out Monologues

April 4, 7-9pm
Location: Biko Garage
Sponsor: RCSGD

IdentiTEAs: Trans Masculine

April 18, 6-8pm
Location: RCSGD
Sponsor: RCSGD

QTPOCLuck

May 2, 6-8pm
Location: RCSGD
Sponsor: RCSGD

Attitude Toward Gratitude

May 10, 7-9pm
Location: SRB MPR
Sponsor: Health & Wellness, EOP

MENTAL HEALTH

Coming Out Monologues

April 4, 7-9pm
Location: Biko Garage
Sponsor: RCSGD

Kicking Stress to the Curb

April 13, 2-3pm
Location: SRB 2nd Floor Conference Room
Sponsor: CAPS

Overcoming School Anxiety Workshop

April 18, 12-1pm
Location: Elings Hall, Rm 1601
Sponsor: CAPS

We're With You Mental Health Conference

April 23, 10am to 4pm
Location: SRB
Sponsor: CAPS

Kicking Stress to the Curb

April 24, 3-4pm
Location: Elings Hall, Rm 1601 Conference Room
Sponsor: CAPS

Overcoming School Anxiety Workshop

April 26, 4-5pm
Location: CAPS
Sponsor: CAPS

Overcoming School Anxiety Workshop

May 1, 2-3pm
Location: SRB 2nd Floor Conference Room
Sponsor: CAPS

QTPOCLuck

May 2, 6-8pm
Location: RCSGD
Sponsor: RCSGD

Kicking Stress to the Curb

May 9, 3-4pm
Location: CAPS
Sponsor: CAPS

Safe Zone II: LGBTQ Mental Health

May 11, 3-5pm
Location: SRB MPR
Sponsor: RCSGD

Overcoming School Anxiety Workshop

May 18, 4-5pm
Location: Elings Hall, Rm 1601
Sponsor: CAPS

Kicking Stress to the Curb

May 22, 1-2pm
Location: SRB 2nd Floor Conference Room
Sponsor: CAPS

Overcoming School Anxiety Workshop

May 24, 4-5pm
Location: CAPS
Sponsor: CAPS

Overcoming School Anxiety Workshop

May 31, 9-10am
Location: CAPS
Sponsor: CAPS

Kicking Stress to the Curb

June 1, 11am to noon
Location: CAPS
Sponsor: CAPS

Overcoming School Anxiety Workshop

June 5, 11am to noon
Location: CAPS
Sponsor: CAPS

Kicking Stress to the Curb

June 6, 3-4pm
Location: CAPS
Sponsor: CAPS

Overcoming School Anxiety Workshop

June 8, 1-2pm
Location: CAPS
Sponsor: CAPS

NUTRITION

Food Forward: Rescuing Food, Fighting Hunger

April 6, Noon to 1pm
Location: UCen Flying A Studios
Sponsor: Health & Wellness

Networking 101

April 10, 1-2pm
Location: Career Services Room 1109
Sponsor: Health & Wellness

Healthy Snacking on a College Budget

April 11, 3-4pm
Location: UCen Flying A Studios
Sponsor: Health & Wellness

Food Stories

April 12, 3-4pm
Location: UCen Harbor Room
Sponsor: Health & Wellness

Understanding Food Labels

April 13, 5-6pm
Location: Isla Vista Food Cooperative
Sponsor: Health & Wellness

Saving on Your Utilities

April 20, 1-2pm
Location: 970 Embarcadero del Mar (behind Déjà Vu)
Sponsor: Health & Wellness

What does Cage-Free Really Mean?

April 21, Noon to 1pm
Location: Bookstore Lobby, UCen
Sponsor: Health & Wellness

Last Minute Meals

April 21, 1-2pm & 2:30-3:30pm
Location: Miramar North, Room 6113, Sierra Madre Apartments
Sponsor: Health & Wellness

Adulting: Life Without a Meal Plan

April 24, 8-9pm
Location: Santa Rosa Formal Lounge
Sponsor: Health & Wellness

Cooking 101

April 27, 5-6pm
Location: Miramar North, Room 6113, Sierra Madre Apartments
Sponsor: Health & Wellness

SBCC Permaculture Garden Tour

April 28, 1-3pm
Location: Meet @ Embarcadero Hall
Sponsor: Health & Wellness

Pasta: There's More Than Just Tomato Sauce

May 1, 3-4pm
Location: Gibraltar Community Center, Santa Ynez
Sponsor: Health & Wellness

Healthy Hummus

Mat 2, 6-7pm
Location: West Gate
Sponsor: Health & Wellness

Shopping on a Budget

May 3, 5-6pm
Location: IV Food Co-Op
Sponsor: Health & Wellness

Dinner and Movie Night!

May 4, 6-9pm
Location: SRB MPR
Sponsor: Health & Wellness

Outstanding: Livening Up Your Oatmeal

May 8, 2-3:30pm
Location: SRB MPR
Sponsor: Health & Wellness

Meal prepping and Reducing Food Waste at School

May 9, 2-3pm
Location: Bren 4016
Sponsor: Health & Wellness

Intersectional Veganism: Food and Social Justice

May 10, 5-6pm
Location: UCen Harbor Room
Sponsor: Health & Wellness

Choosing Foods for Health & Performance

May 11, 3-4pm
Location: Bookstore Lobby, UCen
Sponsor: Health & Wellness

How to Garden Without (Much) Money

May 12, 1-2pm
Location: Greenhouse and Garden Project
Sponsor: Health & Wellness

Affordable and Protein-Rich Vegetarian Meals
May 15, 2-3pm
Location: Miramar North, Room 6113, Sierra Madre Apartments
Sponsor: Health & Wellness

Healthy Breakfast for the on the go Family
May 16, 5-6pm
Location: Storke Family Housing Community Center (Linked with Food Distribution)
Sponsor: Health & Wellness

Going Vegetarian
May 18, 6-7pm
Location: El Dorado Apartments Lounge
Sponsor: Health &

Cook-off Tasting
May 19, Noon to 2pm
Location: SRB MPR
Sponsor: Health & Wellness

Salads and Legumes
May 22, 5-6:30pm
Location: West Campus Family Housing Community Center
Sponsor: Health & Wellness

How Good Can Your Shopping Basket Be?
May 23, 5-6pm
Location: IV Food Co-Op
Sponsor: Health & Wellness

Professional Behavior at Business Receptions and Dinner Events
May 24, 1-2pm
Location: UCen State Street Room
Sponsor: Health &

Using your Freezer to Save Money
May 25, 4-5pm
Location: Cachuma Community Center, Santa Ynez
Sponsor: Health & Wellness

Real Food Film Festival
May 31, 6-7pm
Location: Storke Family Housing Community Center
Sponsor: Health & Wellness

Eating Healthy on a Budget
May 30, 3-4pm
Location: SRB MPR
Sponsor: Health & Wellness

How to Throw a Dinner Party for \$25
June 1, 5:30-7pm
Location: MCC Kitchen
Sponsor: Health & Wellness

Blueberry Picking
June 3, Noon to 2pm
Location: Meet @ Embarcadero Hall
Sponsor: Health & Wellness

Blender Basics
June 6, 3-4pm
Location: SRB
Sponsor: Health & Wellness

Cooking as a Community
June 6, 1:30-2:30pm
Location: San Clemente Community Center
Sponsor: Health & Wellness

ALCOHOL & DRUG HEALTH

Gauchos for Recovery
April 18, 8:30pm
Location: Embarcadero Hall
Sponsor: ADP

Let's be blunt: Weeding out the truth with a joint panel of experts
April 19, 6-8pm
Location: IV Theater 1
Sponsor: ADP

SLEEP & STRESS REDUCTION

Community Mindfulness Practice: Guided Meditation with Alice Alldredge
April 4, 1:05-1:50pm
Location: SRB, First Floor Conference Room
Sponsor: Health & Wellness

Community Mindfulness Practice: Mindfulness for Social Justice with Spencer Sherman
April 7, 1-2pm
Location: South Hall, Rm 1623
Sponsor: Health & Wellness

Community Mindfulness Practice: Guided Meditation with Alice Alldredge
April 11, 1:05-1:50pm
Location: SRB, First Floor Conference Room
Sponsor: Health & Wellness

Community Mindfulness Practice: Mindfulness for Social Justice with Spencer Sherman
April 14, 1-2pm
Location: South Hall, Rm 1623
Sponsor: Health & Wellness

Community Mindfulness Practice: Guided Meditation with Alice Alldredge
April 18, 1:05-1:50pm
Location: SRB, First Floor Conference Room
Sponsor: Health & Wellness

Community Mindfulness Practice: Mindfulness for Social Justice with Spencer Sherman
April 21, 1-2pm
Location: South Hall, Rm 1623
Sponsor: Health & Wellness

Community Mindfulness Practice: Guided Meditation with Alice Alldredge
April 25, 1:05-1:50pm
Location: SRB, First Floor Conference Room
Sponsor: Health & Wellness

Community Mindfulness Practice: Mindfulness for Social Justice with Spencer Sherman
April 28, 1-2pm
Location: South Hall, Rm 1623
Sponsor: Health & Wellness

U Can Sleep Better Challenge Start
May 1, 12:01am
UCanSleepBetterChallenge.com
Sponsor: Health & Wellness

Community Mindfulness Practice: Guided Meditation with Alice Alldredge
May 2, 1:05-1:50pm
Location: SRB, First Floor Conference Room
Sponsor: Health & Wellness

Community Mindfulness Practice: Mindfulness for Social Justice with Spencer Sherman
May 5, 1-2pm
Location: South Hall, Rm 1623
Sponsor: Health & Wellness

Community Mindfulness Practice: Guided Meditation with Alice Alldredge
May 9, 1:05-1:50pm
Location: SRB, First Floor Conference Room
Sponsor: Health & Wellness

Community Mindfulness Practice: Mindfulness for Social Justice with Spencer Sherman
May 12, 1-2pm
Location: South Hall, Rm 1623
Sponsor: Health & Wellness

Community Mindfulness Practice: Guided Meditation with Alice Alldredge
May 16, 1:05-1:50pm
Location: SRB, First Floor Conference Room
Sponsor: Health & Wellness

Community Mindfulness Practice: Mindfulness for Social Justice with Spencer Sherman
May 19, 1-2pm
Location: South Hall, Rm 1623
Sponsor: Health & Wellness

Rejuvenation Station
June 6, Noon to 4pm
Location: SRB MPR
Sponsor: Health & Wellness

Study Break
June 9, 11:30am to 1:30 pm
Location: Library, Instruction & Training Room 1312
Sponsors: Health & Wellness, Library, Recreation & Sustainability

PHYSICAL HEALTH & EXERCISE

Log Rolling
Every Friday, 2-4pm
Location: Rec Cen Pool
Sponsor: Recreation

Belay Days
Every Thursday, Saturday & Sunday, 6-8pm
Location: Climbing Wall, MAC
Sponsor: Recreation

Campus Point Marine Protected Area Day
June 4, 9am to Noon
Location: Campus Point
Sponsor: Recreation

If you have any questions, please contact Jason Stone at jason.stone@sa.ucsb.edu