**WHAT ARE THE PEOPLE SAYING?**

**WHOLE U PROGRAM**

“I love The Whole U and its events. I feel like they’re diverse enough to reach a broad audience, no matter what healthy lifestyle change you’re looking to achieve or learn more about. I definitely appreciate having this program and all of its offerings!”

- **SUZANNE L. LEMERE**
  Program Support Supervisor II
  Finance and Business Services

**UW PHOTO DAY**

“Photo Day brings families together for group photos at iconic locations across our beautiful campus. We participate almost every year and love the time with our children and grandchildren. There is a special sense of community happening on campus that day. People are relaxed, open and happy to share their workplace with their loved ones. The photographers are real pros and take wonderful pictures that capture special moments in time.”

- **GENE WOODARD**
  Director, Building Services
  (Custodial & UW Recycling)
  UW facilities

**BOOTCAMP CLASS WITH IAN FITNESS**

“I really enjoyed the bootcamp class. Everyone was really encouraging and had great energy. I didn’t feel awkward when I couldn’t physically do an exercise; instead, I felt encouraged to do what I could. I appreciated that different fitness levels were all welcome and celebrated. Thanks!”

- **MELINDA SCHULTZ**
  Research Analyst II
  Psychosocial and Community Health

**COLLAGE WORKSHOP**

“This was such a fun event and illustrated how just one hour can juice creativity and perk up flagging energy. I appreciated chatting with others from around campus. Please offer again!”

- **ALYSSA RAE DEUTSCHLER**
  Online Reference Services + Information Science Librarian
  UW Libraries

**UW BOTHELL TAKE OUR KIDS TO WORK DAY**

“It makes such a difference to feel that I am welcomed on this campus as a working mother and it made such a difference for me to feel encouraged to bring my son with me to work. Having this event completely made my day and my son, who is only 2 was so excited to see where Mama worked. Thank you for putting this on and for all of the goodies - it truly made a difference and made me very proud to work at UW Bothell.”

- **SARA ELEANORE MCDERMOTT**
  Academic Counselor

**UW FINESS DAY 2019**

“Amazing event this year! The time and effort that goes into putting this on is apparent and appreciated. It was flawless and I was honored (and schooled) to be exposed to so many amazing professional athletes. I wish this could happen more often because it is the single best annual event and it truly renews and brings everyone together. High fives all around.”

- **NINA BEAL**
  Research Fellowship Coordinator
  Pulmonary and Critical Care

**FACULTY FRIDAY**

“Thank you so much for the wonderful Faculty Friday piece on my work! It looks beautiful! I can’t tell you how much I appreciate your attention to detail.”

- **CHADWICK ALLEN**
  Associate Vice Provost for Faculty Advancement
  Professor of English / Adjunct Professor of American Indian Studies

**DIVERSITY AND INCLUSION IN THE WORKFORCE PANEL**

“It was refreshing hearing strong women advocating for change to improve the culture and community at the UW.”

- **KELLI A. CORNING**
  Associate Director
  Medicine Staff UH

**SUSTAINABILITY SEMINAR WITH UW RECYCLING**

“I learned about “Buy Nothing” groups and as result, joined my hyper-local “buy nothing” neighborhood group! I’m inspired to gift things to neighbors I no longer have use for, creating a stronger network of community along the way. Great presentation!”

- **ERICA BARTLETT**
  MiniMax Program Coordinator
  Custodial Services

**THE WHOLE U SPEAKER SERIES**

“Awesome speaker, excellent presentation, really important topic. I was inspired by the talk and hope to incorporate some of these tips and approaches into my life.”

- **CARRIE HEIKE**
  Associate Professor
  Pediatrics
THE FACES AND VOICES OF THE WHOLE U

2019
THE WHOLE U TIMELINE

JANUARY + FEBRUARY
DARE TO DO
NEW YEAR’S CHALLENGE

JAN.
Reinvent Yourself in 2019 Seminar with Elise Ray!

FEB.
Annual Diversity Forum: Activism in the Workplace

FEB.
Distinguished Staff Awards Reception

MARCH
NATIONAL NUTRITION MONTH POTLUCKS

MARCH
Forefront Suicide Prevention Training at UW Bothell

MARCH
Plated with Color Nutrition Workshop at Harborview Medical Center

MARCH
30 Days of Fruits and Veggies Challenge

MARCH
Husky Tennis Staff Appreciation Day

JANUARY + FEBRUARY
VALENTINE’S CARD MAKING FOR UWMC PATIENTS

JAN.
Fuel for the Day with UWMC Clinical Dietitian Charlotte Furman

FEB.
Reduce with UW Sustainability and UW Recycling

FEB.
30 Days of Fruits and Veggies Challenge

APRIL
UW WALK WEEK

APRIL
UW BOTHELL WETLANDS TOUR

APRIL
UW TAKE YOUR KIDS TO WORK DAY

APRIL
Earth Day Challenge: Skip the Elevator!

APRIL
UW Scavenger Hunt

APRIL
Reduce with UW Sustainability and UW Recycling

MAY
The Whole U Speaker Series: Welcome to Subirdia Seminar

MAY
Spring Maker’s Fair with the Husky Union Building

MAY
Get in the Game with UW Football Block Party

JUNE
Harborview Pride Flag Raising

JULY
Acupuncture Workshop with UW Hall Health

JULY
Summer Yoga and Meditation with Danny Arguetty

JULY
Youth Sports Injury Prevention Seminar with UW Sports Medicine

AUG.
UW Women's Soccer Appreciation Game

OCT.
Autumn Mindfulness Series

SEPT.
UW Men's Soccer Appreciation Game

OCT.
The Whole U Flu Shots

NOV.
Diversity and Inclusion in the Workplace Panel

NOV.
Benefits and Resource Fairs

NOV.
The Whole U Speakers Series: Getting a Good Night’s Sleep Seminar

APRIL
UW Take Your Kids to Work Day

APRIL
UW BotHELL WETLANDS TOUR

APRIL
UW Take Your Kids to Work Day

SEPTEMBER
Global Running Day

OCTOBER
HIIT Bootcamp with YMCA

OCTOBER
Yoga Month

NOVEMBER
UW Global Month

APRIL
Heart Health Panel with UW Medicine Heart Institute

MAY
Get in the Game with UW Football Block Party
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APRIL
Home Mortgage with U.S Bank

APRIL
22nd Annual UW Home Improvement Fair

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