Cousteau Brown Bags

Have you ever wanted to attend one of our Brown Bags but could not get over to campus? Mark your calendars because...we’re bringing some of the fun and learning to you! This year we are offering two WorkLife and Wellness and one Career Catalyst as a sampler for your location.

Balletone: Standing Flow

February 10, 2015, Instructor: Rose Zahnn

Standing Flow is a fusion-style conditioning program, designed specifically for the non-dancer, blending training techniques drawn from dance, Pilates and fitness. Balletone offers a fun, invigorating workout for all fitness levels while building cardiovascular fitness, core strength, muscular endurance, dynamic balance and flexibility without the use of any equipment or props. Standing Flow keeps you moving, motivated and mentally focused with a body blasting workout that leaves no muscle untouched.

Acing the Interview

March 10, 2015, Instructor: Andrea Weiss

Interviews are sources of anxiety for almost everyone and yet most promotional or developmental career moves require performing well in an interview situation. This workshop will provide tips and techniques to help you prepare properly, make a positive first impression, stay focused during the interview, and follow up in an appropriate manner. Equipped with the information from this workshop, you will feel more confident in your ability to ace your next interview!

Say Goodbye to Your Lawn

April 28, 2015, Instructor: Don Shor

Taking out your lawn? Looking for low water options? An overview of drought-tolerant plant selections: ground covers, flowering plants, native and Mediterranean shrubs, herbs and edibles, even fruit trees. We’ll talk about how to get started, what to plant, as well as how to water and care for your new landscape.

No need to register—just show up!
12:00-1:00
Aspen Conference Room,
Shared Service Center (Suite 150)
260 Cousteau

Brown Bag presentations are co-sponsored by UC Davis Staff Development and Professional Services and UC Davis WorkLife and Wellness