

SUBJECT: PAIN AWAY CLASS

Event Date: 7/28/2016

PAIN AWAY CLASSES

Come for a twenty minute segment or the whole class to learn structural foam rolling techniques in alleviating muscular discomfort and pain

FOR MORE INFORMATION VISIT: blink.ucsd.edu/go/painaway

2016 Class Schedule

<u>University Center Building</u> <u>401</u>	<u>Torrey Pines Center South; BFS</u> <u>Conference RM 430A</u>
June 14 (10:30-12:30)	May 26 (10:30-12:30)
June 29 (1:30-3:30)	August 25 (1:30-3:30)
July 12 (10:30-12:30)	November 17 (1:30-3:30)
July 28 (11:00-1:00)	
August 10 (12:30-2:30)	Class Breakdown
September 7 (12:30-2:30)	Feet to knees (first 20 minutes)
September 22 (10:30-12:30)	Knees to hips (20 minutes)
October 6 (11:00-1:00)	Hips to lower back (20 minutes)
October 18 (1:30-3:30)	Hands to elbows (20 minutes)
November 2 (12:30-2:30)	Elbows to shoulders (20 minutes)
December 7 (11:00-1:00)	Shoulders to neck (last 20 minutes)



HOW TO REGISTER:

Register Online: UC Learning Center
Keyword Search: PAINAWAY

Fees covered by Environment, Health & Safety for UCSD Campus Employees!

University of California San Diego | Environment, Health & Safety

Prerequisite and preparation: Wear comfortable clothes and be willing to work with a foam roller and a softball provided during class. You may wish to bring a towel or yoga mat as there will be floor work. This class is not intended for employees who are currently seeking physical therapy and are not physically able to participate in the exercises. You may want to consult your health care provider before enrolling in the class.

Are you a UCSD campus employee who is experiencing muscular tightness and discomfort?

Sign up for Pain Away Classes hosted by Environment, Health and Safety And learn effective methods to manage pain by using a foam roller and a softball.

July Class: July 28 (11am – 1pm)
Location: University Center Building 401

For a quick video clip or more detailed information, please visit: <http://blink.ucsd.edu/go/painaway>

As always, there is NO CHARGE to UCSD Campus Employees. Pre-registration through UC Learning Center preferred; Walk-ins welcome subject to room capacity and course enrollment.

If you have already taken the class before, you are more than welcome to take it again.

If you have any questions please contact: ehsih@ucsd.edu.

SUBJECT: BLOOD DRIVE AT UC SAN DIEGO

Event/Deadline Date: 8/9-10/2016

BLOOD DONORS - Whose life will you save? Appointments will be honored first. Schedule an appointment with the San Diego Blood Bank at 1-800-4MY-SDBB (1-800-469-7322) or log onto <http://www.sandiegobloodbank.org> Provide Sponsor Code: UCPC * Walk-ins are welcome as openings are available *

TIME: 10:00 a.m. - 3:30 p.m.

LOCATION: Bloodmobile on Library Walk

Donors are eligible to give blood every 56 days. Earn points for each blood donation and shop online at the Donors 4 Life Store.

For more information, visit <http://blink.ucsd.edu/go/blooddrive>

Sponsored and Coordinated by the UC San Diego Human Resources Department

SUBJECT: ARTPOWER 2016-17 TICKETS ON SALE NOW

Event Date: Ongoing

ArtPower 2016–17 season tickets are on sale now! UC San Diego Faculty & Staff save 15% off the regular price. Season begins October 5, 2016

With 30 performances in eight distinctive series—Chamber Music, Dance, Foovies, Global Music, Jazz, American Routes, Filmatic, and Innovation—you're bound to find something that fits your taste. Highlights this season includes an evening of music and comedy from Lea DeLaria (from Orange is the New Black), the return of Bill T. Jones/Arnie Zane Dance Company, San Diego debut by The Jones Family Singers, and the legendary ¡Cubanismo!

Explore the full season: <http://artpower.ucsd.edu/>

View the brochure: <http://artpower.ucsd.edu/about-us/brochure/>