Communicate Respect and Understanding

Let your significant other know you are making an effort to keep their ideas in mind. Your partner’s wishes and feelings have value, and so do yours. Mutual respect is essential in maintaining healthy relationships. The Together Program provides workshops to help couples build strong relationships and families. Sign up here.

Connect and Meditate

Practice meditation techniques with the UMD community. Check out meditations by the Health Center and RecWell.

Keep Riding

BIKE TO THE BEACH CHALLENGE

This event is free to participate and lasts through May and June. Sign up at go.umd.edu/bikingchallenge.

LOG MILES. EARN SMILES.

COMPLETE 200 MILES BY JUNE 30!

Participate in a virtual biking challenge while safely following physical distancing and local guidelines. Sign up with the UMD Adventure Program.