The CDC recommends getting a flu vaccine by the end of October to protect yourself and those around you from the flu. Visit a local clinic or make an appointment with your primary provider to get your flu shot. For UMD, The SPH and UMD Health Center are hosting a Flu Shot Clinic on October 13th from 1-4pm. Flu shots are by appointment only, read more about the SPH Flu Shot Clinic and sign up.

Writing out your goals helps you get organized and set yourself up for success. Research shows that setting SMART goals can support you in establishing a clear vision and achieving your goals. Use this SMART goals worksheet to stay on track.

Add plant based ingredients to make over your favorite foods. Try kinesiology alumna, Joy Baur’s ‘86 Savory Garden Pancakes with Yogurt Herb Sauce Recipe. This recipe highlights how the addition of vegetables, herbs and whole grains can turn a traditional recipe into a savory and healthy meal. See the recipe.

The Well Terp can be found in the Happy and Well e-newsletter. The Happy and Well e-newsletter is part of the University of Maryland School of Public Health Happiness and Wellness Initiative.

Promoting happiness and well-being for all