Proactively promoting health, wellness and resiliency through strength-based communications, training, curriculum, research and assessment for our diverse communities across campus, Maryland, the nation and the world.

Spreading a Little Happiness
Celebrating little wins increases your endorphins and naturally increases feelings of happiness. What are you proud of today?

The Well Terp
This week’s tips include information on UMD flu shot clinics, a savory recipe and tools to set SMART goals.

Find science-based wellness tips for healthy and happy living in our weekly feature, The Well Terp.

Some Good News
Our Happiness & Wellness Initiative shares "Some Good News" from the SPH and our extended community, inspired by SGN:

Some Good News with John Krasinski.

You can submit your own good news by email to happyandwell@umd.edu.

Keep Connected
Share this e-newsletter by hitting the 'forward' button!

Questions? Email happyandwell@umd.edu.

School of Public Health, University of Maryland
4200 Valley Drive, Suite 2242 / College Park, MD 20742
301.405.2438 / 301.405.8397 / sph.umd.edu