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
Create Your Happiness
Turn your positive thoughts into positive actions that create your happiness. Move away from the idea that happiness is something you find rather than something you achieve.

The Well Terp
This week’s tips include resources to help you adopt a growth mindset and stay hydrated.
Find science-based wellness tips for healthy and happy living in our weekly feature, The Well Terp.

Some Good News | Staying Connected in Physically Distanced Times
Delivery services and technology are creating meaningful interactions at a time when physical distancing and other COVID-19 preventive actions are keeping us apart. In-person interactions with friends and loved ones are being replaced with special deliveries from home and virtual time together. Read more about the power of connecting from a distance from a few UMD SPH student, staff, and faculty voices.

Pictured: Kelly Sherman ’21 (Public Health Science) making Greek lemon chicken with her grandmother via Zoom.

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

Maryland Masterclass: Cooking with Joy
The UMD Alumni Association's Maryland Member Masterclass series hosts high-profile Terps focused on professional advancement, personal improvement and financial guidance. You'll have a chance to cook alongside UMD School of Public Health alumna Joy Bauer ’86, the TODAY show nutrition and healthy lifestyle expert, as she makes three delicious food and drink recipes to spice up your tailgate or court-side menu.

Cost: This event is free for UMD Alumni Association Members.
Date and Time: Thursday, February 25 from 6 pm—7 pm EST

Questions? Email happyandwell@umd.edu.

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