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**

**Happiness as a Universal Right**

Women are happier when women's rights coexist with social support and affirming lived experiences. As we observe Women's History month, recommit to advancing the political, economic and social freedom of all women.

**The Well Terp**

This week's tips include information on supporting healthy relationships and quality sleep.

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.

**Camp Wellness**

The University Health Center's Health Promotion and Wellness Services (HPWS) unit will be hosting a virtual wellness retreat to support student health and wellness during Spring Break (Wednesday, March 17 - Friday, March 19), called Camp Wellness! Participants will receive a commemorative Camp Wellness t-shirt and goody bag, either to be picked up at the Health Center, or delivered to their home address.