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**

Fall into autumn with activities to embrace the new season. Taking a hike in the brisk air, viewing colorful leaves, picking apples and watching fall themed movies or sports are all ways to enjoy seasonal transitions of cooling temperatures and changing daylight.

**The Well Terp**

This week’s tips include information on how to practice mindfulness and attending UMD wellness workshops.

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

**Read The Well Terp**

**Some Good News**

Dana Ackerman '19 (BCH) recently got engaged to her fiancé Jared in upstate New York. Read more about Dana’s engagement and how she’s staying connected with UMD SPH in this week’s SGN.

**Read Some Good News**

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

**Keep Connected**

- **Webinar | Engaging Communities of Color for Flu Vaccine Uptake by Breaking Through COVID-19 Misinformation**
  - Wednesday, October 28
  - 6:30 PM - 7:45 PM EST
  - Join us for an important conversation on how we can encourage communities of color to get the flu vaccine and cut through the noise of COVID-19 misinformation. Learn more.
  - Register for the Webinar

- **Fierce Conversations**
  - Wednesday, October 28
  - 1:00 PM - 3:00 PM EST
  - Conversations that go nowhere. Enough of that. Invest in yourself, your relationships, and your work by learning how to have Fierce conversations. Start with the "Foundations" session, then choose any or all of the modules: team, coach, delegate, confront, feedback.
  - Register for a Session

- **It’s International Pronouns Day!**
  - Wednesday, October 21
  - What is International Pronouns Day? International Pronouns Day seeks to make respecting, sharing and educating about personal pronouns commonplace. It takes place on the third Wednesday of October—this year it’s today! Learn more from UMD LGBTQ Equity Center. Find ideas for ways to participate on the International Pronouns Day website. If you use #PronounsDay on social media, make sure to tag us at UMDpublichealth on Twitter or Instagram!
  - Learn more from UMD LGBTQ Equity Center.

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**Questions? Email happyandwell@umd.edu.**