World Compliment Day
By Susan Pickering, Employee Assistance Counselor

“I can live for two months on a good compliment.” — Mark Twain

Have you ever experienced the “pick me up” of a compliment on an otherwise uneventful or difficult day? At times, words of affirmation can feel like the fuel we need to keep going.

One of the most important but overlooked aspects of well-being is our fundamental need to connect with others. To be seen, heard, and appreciated is essential to our emotional and physical health.

March 1 is World Compliment Day. Thank you Walk Across Arizona participants for the following photo submissions: The Hardbody Foxes, Diverse Soles, Weil Wellness Walkers, Joggernauts

Photo Contests
Send to Cindy Davis by the deadlines listed below.

Meal Prep
Due March 2
When it comes to meal preparation, what are your favorite tips? Submit a photo to share your food tips with us!

Weekend Activity
Due March 16
What weekend activities do you enjoy? Wear your favorite weekend "activity gear" and snap a photo.

Additional Resources
Life & Work Connections offers personalized nutrition and fitness coaching sessions.

Connect With Us!
Cindy Davis, MPH, RDN
Nutrition/Fitness Coach
UA Life & Work Connections
(520) 621-4601

Checkout the photo contests on Facebook!
@UALifeWork
Check It Out!

DISH IT! New Recipe: Date Bites

For National Nutrition Month, check out Life & Work Connections' new DISH IT video, featuring a Date Bite dessert! Food facts: one date contains 66 calories and 2 grams of fiber. This fruit is a good source of energy; containing vitamins, minerals, and phytonutrients. The most notable micronutrients are vitamins A and K.

Join Us!

March 13: Walks With Campus Leaders
Walk with Brian Seastone
Chief, University of Arizona Police
Meet in front of 2nd & Warren, near the gates of the softball stadium
Noon-12:30 p.m.

March 27: Walks With Campus Leaders
Walk with Dr. Paulo Goes
Dean, Eller College of Management Professor, Management Information Systems
Meet behind Eller College, outside the food area, near the bike racks
Noon-12:30 p.m.

Important Dates

March 31: Last day to log miles.
April 2: Complete final survey.
April 11: Celebrate the Walk Across Arizona finale! Join us from 4-5 p.m. at Life & Work Connections.