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Nov. 14

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## UC Family and Friends Holiday Night Event Universal Studios Hollywood



Join us for an exclusive UC Family & Friends Holiday Event at Universal Studios. Choose from two dates in December. Food, parking, and raffle entry for Universal Studios Gift Basket included!

**Discounted ticket prices available for one week only!**

**Date:** Sunday, December 9 or Sunday, December 16

**Price:** \$89 early bird tickets available until 11/21 or \$99 regular price after 11/21 (Package valued over \$175!)

Purchase your tickets via the [Staff Assembly Universal Studios Hollywood Eventbrite Page](#).

**Get your tickets before the price goes up on 11/22!**

## Learn at Lunch: United Way Greater Los Angeles Free Tax Filing



**Date:** Wednesday, 11/28/18  
**Time:** 12:00pm - 1:00pm  
**Location:** SAC Conference Rooms 1-3, B-Level

RSVP to the United Way Learn at Lunch!

This practical and engaging Learn at Lunch will outline the real cost of living in Los Angeles through an interactive activity and show you how you and other families in the Greater Los Angeles area can file your taxes for free!

## UCLA Transportation Commuter Clash: UCLA VS USC



Beat traffic and beat 'SC during the first ever Commuter Clash! We're competing with USC to see who can get more sign-ups for their online trip planner. Use it to find a better way to UCLA and Go Bruins!

**Deadline to sign up:** Sunday, November 18

To join the commuter clash, visit the [UCLA Transportation Be a Green Commuter page](#)

## UCLA Store Apple One Day Sale



Save up to \$400 off Apple retail prices!

**Date:** Wednesday, November 28

**Time:** 8:00am – 7:00pm

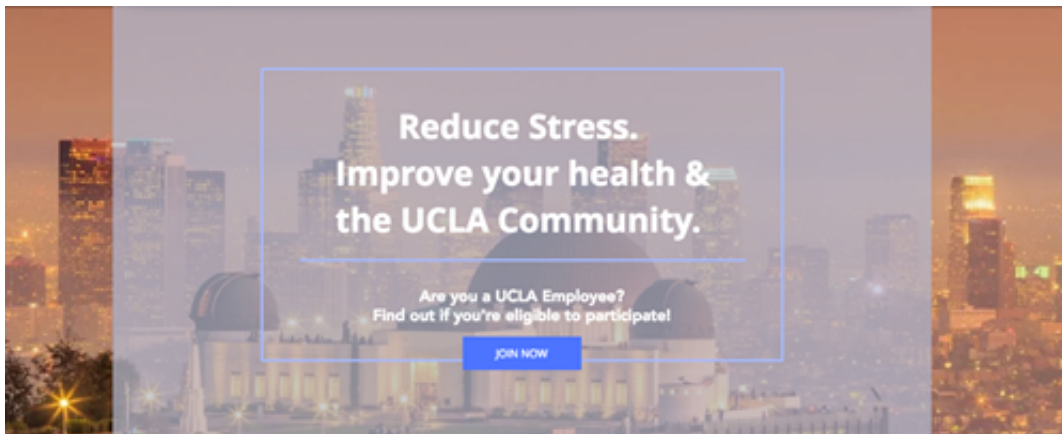
This sale is one day only, **Wednesday November 28**, but the Computer Store is taking reservations in advance. To reserve your Mac or iPad Pro today visit the [UCLA Store website](#).

Your purchase won't be processed until the sale date, and

can be cancelled any time before that date. Free shipping available within the Continental U.S. for online orders or pick up in person at Ackerman.

Please note this **offer is limited to stock on hand**, and **eligibility and quantity restrictions apply**. Call the Computer Store for more info at 310-825-6952.

## Reduce Stress and join the Stress Free UC study at UCLA



Based on a recent workplace climate survey, the UC Healthy Campus Network found that UC staff members are experiencing alarming levels of stress.

As a result, they are launching a mindfulness meditation study exclusively for UCLA staff. The Stress-Free UC study is collaborative effort across the UC campuses using the guided meditation app, Headspace.

The overarching aim of this project is to investigate if meditation can reduce levels of staff stress and increase overall wellbeing.

Participants get a free 1-year subscription to Headspace, valued at ~\$150. See the [study timeline on the Stress Free UC site](#).

10 people will win \$100 cash prizes, and one grand prize winner will receive a 2-night stay at the Malibu Beach Inn (valued at ~\$1,000), plus a \$500 cash prize.

To join any time, visit the [Stress Free UC at UCLA site](#).

## Nominate a Bruin now for the 2019 UCLA Eudaimonia Award



Know a Bruin who lives a life filled with rich meaning and purpose? Nominate them for the **Eudaimonia\* Award**

\*Aristotle's word for a life filled with rich meaning and purpose - which includes self-acceptance, positive relations with others, autonomy, mastery of one's environment, purpose in life, and personal growth.

Calling nominations for all students, faculty, staff, and alumni. Nominations may be made posthumously (you may not nominate yourself).

Nominations are open until **Friday, December 7<sup>th</sup>** via the [UCLA HCI Eudaimonia Award Survey](#). Awardees will be honored at a ceremony in Spring 2019.

## UCLA's Bruin Plate Cookbook is now available at the UCLA Store!



In partnership with the UCLA EatWell initiative, part of the Semel HCI Center at UCLA, net proceeds from this Bruin Plate Cookbook support the elimination of food insecurity among UCLA students and the Los Angeles community.

**Price:** \$34.95

**Staff & faculty receive 30% off by showing your UCLA ID.**

The Bruin Plate Cookbook features a collection of "guest favorites" and "most requested" recipes; those that highlight ingredients or unique cooking techniques which showcase the range and depth for healthy and sustainable dining by UCLA's award-winning residential restaurant, Bruin Plate.



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