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Thank You TLT for Sponsoring our Emerging Research Speakers Series Event



Dr. Jonathan Flint
The Genetic Basis of Depression



Born from The Lime Truck, and the mind of visionary, award-winning Chef, Daniel Shemtob, TLT, serves handcrafted California cuisine made with local, high-quality ingredients; plenty of love; and lots of LIME. Our Westwood village location is only minutes away from campus and serves all our signature dishes - flavorful organic blue corn tortilla tacos, fresh market bowls, and bold sides – that you can wash down with our varietal limeades, beer or wine. With TLT's quick counter service, easy delivery and our newly launched catering and events

department, you can have an amazing food experience without breaking the bank!

Upcoming Learn at Lunch Opportunities



UCLA Staff Assembly

This month we are partnering with the **Hammer Museum** to learn all about their exhibitions and future transformation. During this 1-hour session, attendees will receive an overview of the museum, followed by tours of the current exhibitions **Allen Ruppersberg: Intellectual Property 1968–2018** and **Dirty**

Protest: Selections from the Hammer Contemporary Collection.

Located at the intersection of Wilshire and Westwood, the Hammer Museum is part of the School of the Arts and Architecture at UCLA, and offers exhibitions and collections that span classic to contemporary art. It holds more than 50,000 works in its collection, including one of the finest collections of works on paper in the nation, the Grunwald Center for the Graphic Arts.

What to expect:

12:00-12:10pm: Arrivals

12:10-12:20pm: Presentation by Scott Tennent, Hammer Communications

12:25pm: Walk upstairs and gather on bookstore terrace

12:30-1:00pm: Exhibit tours

The Hammer Museum champions the art and artists who challenge us to see the world in a new light, to experience the unexpected, to ignite our imaginations, and inspire change. And through our unwavering commitment to free admission and free public programs, the Hammer is open for all and FREE FOR GOOD.

Date: Today, Wednesday, March 20, 2019

Time: 12:00pm – 1:00pm

Location: [Hammer Museum](#)

[RSVP for the Hammer Museum Learn at Lunch.](#)



UCLA Staff Assembly

In April we are partnering with **U See LA Optometry** and **Bruin Health Pharmacy**.

U See LA Optometry and Bruin Health Pharmacy, extensions of the **Arthur Ashe Student Health Center**, are conveniently located on the UCLA campus inside the **Ackerman Union**. Our full optometry and pharmacy services are there to meet the needs of all active UCLA faculty, staff and students.

U See LA Optometry, located in Ackerman Union B level

Learn about common and uncommon eye health conditions including myopia, hyperopia, presbyopia, astigmatism, UV ray exposure, Blue light transmission, close vision, dry eye syndrome and other physical opportunities that can affect your ability to see clearly. Learn about the right solutions to overcome these obstacles to clear vision through proper frame, contact and glasses lenses and other protections, and how to utilize your UCLA VSP insurance benefits to cover the majority of the cost. With four credentialed full time optometrists and four nationally certified opticians U See LA will work to find you the right choices for all your vision related needs.

Bruin Health Pharmacy, located in Ackerman Union A level

With five pharmacists and extended hours to meet the needs of active UCLA Faculty and Staff, Bruin Health Pharmacy is there to fill prescriptions in a timely and accommodating manner. Learn how to easily transfer your prescription to Bruin Health Pharmacy from any doctor and how we work with UCLA medical coverage

insurance plans to minimize any out of pocket cost.

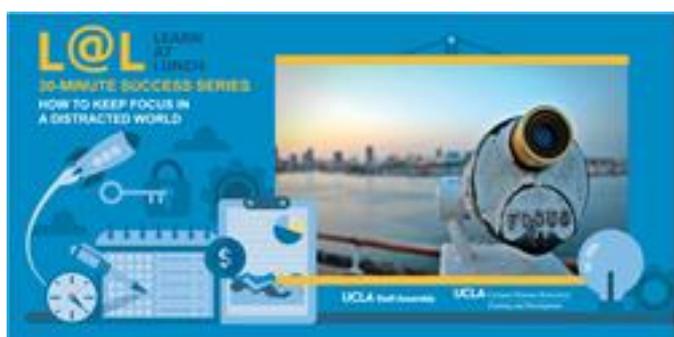
Join us for an informative session where we will answer any of your questions and as an added bonus, provide free eyeglass cleaning. We look forward to meeting you.

Date: Tuesday, April 9, 2019

Time: 12:00pm - 1:00pm

Location: TBA

[RSVP for this Learn at Lunch.](#)



UCLA Staff Assembly & UCLA Campus HR Training & Development are pleased to introduce a new Learn-at-Lunch series, "**30-Minute Success,**" which aims to teach participants one measurable, marketable skill in only 30 minutes. This installment will center on "**How to Focus** in a Distracted World."

In today's workplace, distractions are everywhere. The daily barrage of emails, texts and the pull of social media can make it challenging to stay focused and get things done. It's no surprise that 54% of office workers say that distractions make them less productive than they'd like to be.

One solution is attention training. In this session, you'll learn why distractions can be so frustrating and how to use a simple attention training practice that, when taught to students taking the GRE, increased both their concentration and their test scores by 16.

In this 30-minute session, you'll:

- Discover why multitasking doesn't work
- Learn how your focus can be trained like a muscle to concentrate longer on projects or in meetings
- Practice a research-based 2-minute attention training exercise

This session will include presentation, group discussion and practice exercises. Additional reading references will be sent to all participants.

Presenter: Darlene Mininni, PhD, MPH, UCLA Training and Development

Schedule:

12pm-12:15pm: Guests arrive

12:15-12:45pm: 30-minute program

12:45-1pm: Q&A / Networking

UCLA's comprehensive training program offers job-relevant and career-building classes across the full spectrum of professional development. In partnership with other central service providers inside and outside Campus Human Resources, programs range from computer desktop software mastery, supervision, management development, professional development, business operations, academic and staff personnel and research administration.

Event venue possible with support of UCLA Library.

Date: Wednesday, April 24, 2019

Time: 12:00pm - 1:00pm

Location: UCLA Young Research Library (more info)

[RSVP for the 30 Minute Success Learn at Lunch.](#)

Couch to 5K Free Training Classes

Update



We have some updates for our 5K training classes:

- Classes will now meet at **Wilson Plaza**, in the grassy area adjacent to the North

Athletic Field.

- Class will now begin at **noon** (if you are running late, you can find the group walking/running around Pauley Pavilion or the Drake track).
- Create a [Mindbody online account](#) to sign up and sign in each week under the FITZONE tab for each class you attend.
- Check out some options for apps you can download to your phone to track your walks/runs:
 - Couch to 5K (yellow app with black silhouette of a runner)
 - The Run Experience
 - Rock My Run
 - Nike Run Club
 - Map My Run
 - Runtastic Running
 - And/Or use a Fit Bit or Apple Watch to help you track

Join us every Tuesday and Thursday now through April 25th for free training classes to walk around campus and prepare for the 5K.

Date: Tuesdays and Thursdays

Time: 12:00pm – 1:00pm

Location: Meet in front of Wilson Plaza

UCLA Anderson EMBA/FEMBA Info Session for UCLA Staff



As UCLA staff working on-campus, earning your MBA is literally at your feet. Learn more about the Executive MBA and Fully Employed MBA Program (including our staff fellowship for FEMBA students) at this UCLA staff-focused info session featuring a panel of current students and alumni who also work on-campus. Find out how an MBA can benefit your career trajectory while networking with other staff. Lunch will be provided.

To register, visit the [UCLA Anderson Website](#).

Date: Tuesday, March 26, 2019

Time: 12:00 – 1:00 PM

Location: UCLA Anderson, 110 Westwood Plaza, Entrepreneurs Hall – C301, Los Angeles, CA 90095

UCLA Disabilities and Computing Program Spring Quarter Workshops



Making PDFs Accessible the Easy Way

Description:

PDF is one of the most common document formats at UCLA. People who are blind, low-vision or have dyslexia rely on assistive technologies and screenreading software to “read text out loud” to them. However, many PDF documents created are completely inaccessible or frustrating for screenreader users. Public PDFs posted on websites, PDF course reading material and PDFs emailed to listservs should be accessible to people who use screenreaders and other assistive technologies. During this one and a half hour long active learning session, you will have the opportunity to get hands-on training in making an accessible PDF.

Available Training Dates:

March 20, 2019, 10:30am-12:00pm

April 10, 2019, 10:30am-12:00pm

May 1, 2019, 10:30am-12:00pm

May 29, 2019, 10:30am-12:00pm

Location:

Learning Lab Rolfe Hall 2118

To register, visit the [Making PDFs Accessible the Easy Way event page](#).

Accessibility Basics Training

Description:

Learn accessible design and content management tools to make it easier for people with disabilities to engage with your website content and documents. During the hour long active learning session, you will learn the impact of accessible websites and documents, simple methods how to build in accessibility in current content, and have an opportunity for hands-on experience building accessible webpages and documents. Two trainings will be offered exclusively online on Zoom but will cover the same information as the in-person trainings.

Available Training Dates:

March 25, 2019, 11:00am-12:00pm: IDRE Portal,

April 15, 2019, 11:00am-12:00pm: Webinar

May 13, 2019, 11:00am-12:00pm: Webinar

June 20, 2019, 11:00am-12:00pm: IDRE Portal

To register, visit the [Accessibility Basics Training event page](#).

Be a part of UCLA's United Way Campaign



Date: April 1-30, 2019

For over 50 years, UCLA has supported United Way's efforts to help improve the quality of life for people in need across Los Angeles County. Continuing the tradition, from April 1-30, UCLA faculty and staff are encouraged to participate in our annual giving campaign.

Join the fight to end homelessness and poverty through convenient payroll deductions. Donations to United Way are collectively leveraged to help create pathways out of poverty at its roots by focusing on housing, education and financial stability – the building blocks for a better life and a stronger community. They also provide basic resources like utility assistance programs and 2-1-1 services to residents of Los Angeles County. Be part of the change.

UCLA Changing Lives the United Way.

Visit our [UCLA/United Way Campaign webpage](#). For any questions about the 2019 UCLA/United Way Campaign, please contact this year's UCLA/United Way ambassador, Christine Lee at clee@ha.ucla.edu.

Mindful Music Presents

Dalida Arakelian



Date: March 21, 2019

Time: 12:15 – 12:45 PM

Location: Semel Institute Auditorium, 720 Westwood Plaza, Los Angeles, CA 90095

Don't miss pianist/composer Dalida Arakelian on stage at UCLA's Semel Institute Auditorium located in the heart of Westwood Village. Doors open at 12:00pm.

The 12:15 Concert Series at the Semel Institute Auditorium connects you to award-winning musicians in the middle of your workday, regularly on the first and third Thursday's of each month.

UCLA



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