

The Mind Body Wellness Group is excited to announce the launching of a **new on-line Wellness Portal**, funded through Be Smart About Safety and Health Education and Promotion, Student Health Services. The portal is designed to assist students, staff, faculty, retirees and community residents in locating resources related to the various aspects of wellness. For example, users can quickly and easily learn about wellness resources such as local farmer's markets, classes at the Experimental College or tips for handling tension and anger. To make this a "one stop shopping" experience, campus, community and web resources are included.

The Wellness Portal is located at: <http://mywellness.ucdavis.edu>.

We will continue to build this site and add additional resources. If you have suggestions, please contact us at [wellness@shs.ucdavis.edu](mailto:wellness@shs.ucdavis.edu). We look forward to supporting you in enhancing your wellness.

For more information on the Wellness Portal or the Mind Body Wellness Group, contact Michelle Johnston at [mjohnston@ucdavis.edu](mailto:mjohnston@ucdavis.edu).