



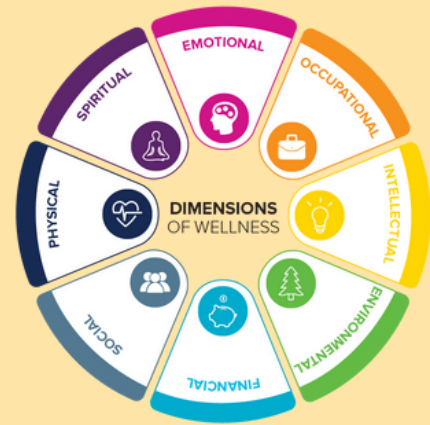
A Slice of Life is a quarterly newsletter to share wellness information and encourage wellness practices within UC ANR. [Click here to let us know about your favorite wellness practices!](#)

Wellness goes beyond eating salads and going for a jog. Wellness encompasses many different aspects of life: emotional, occupational, intellectual, environmental, financial, social, physical, and spiritual. In each issue we aim to address at least 1 of these “slices” of wellness. In this issue, we have included an upcoming opportunity related to physical wellness, information on intellectual wellness, and a fun seasonal recipe.

Join us for Wellness Wednesdays on the second Wednesday of each month!

- **April 9th:** Nature and Wellness with UC Environmental Stewards
- **May 14th:** Healing Circles with Elizabeth Moon
- **June 11th:** Gardening and Mental Health with UC Master Gardeners

Recordings of previous Wellness Wednesdays can be found on the Wellness Committee website.



2025 UC MOVES CHALLENGE

Get ready for the 2025 UC Moves Spring Into Motion Challenge! Similar to last year’s Health for the Holidays, prioritize your wellness (and compete with your UC colleagues, and win prizes) with this systemwide 4-week movement and activity challenge. This challenge will run from May 5th to June 1st. Registration will open as early as April 14th [Click here for early Registration coming soon!](#)

Participant Info Webinar Dates:

Wednesday, April 23: 12:00 – 12:30 p.m.
<https://uci.zoom.us/j/94957519965>

Thursday, May 1: 10:00 – 10:30 a.m.
<https://uci.zoom.us/j/92507377689>



THREE TIPS FOR LIFELONG LEARNING

- **Find your passions:** Make a list of what excites you to learn and allow yourself to be curious
- **Know your motivation:** Think about why you want to learn this specifically and what your learning will accomplish
- **Set realistic goals:** Decide how and when you will pursue learning and set short-term goals (daily or weekly)



Lifelong learning can increase one’s confidence, positivity, self-esteem and sense of purpose.

SEASONAL RECIPE

PEA PESTO

This fresh spring pesto is great on pasta, vegetables, sandwiches or toast!

- 1 cup peas (fresh, frozen, or canned)
- 1/2 cup grated Parmesan cheese
- 1 cup basil leaves
- 1 cup spinach (fresh, frozen, or canned)
- 1/2 cup walnuts
- 2 cloves garlic
- 1/4 cup extra virgin olive oil
- 1/4 cup water
- 1/4 tsp each salt and black pepper

Add all ingredients to a food processor or blender, then process until smooth.

