



# WHAT THE HEALTH

Making UC Riverside a Healthy Place to Study, Work, & Live

**Welcome back Highlanders.  
Let's finish the year off strong!**

Welcome back! We hope you all had a relaxing and safe spring break and are looking forward to the new quarter.

As we finish the 2021 academic year with this spring quarter, we hope that burnout and another quarter of remote learning, teaching, and working does not get the best of us.

With new scientific advances with COVID-19 vaccines and individuals doing their part and social distancing, we are returning to some sense of normal!

## **UPCOMING EVENTS**

### **THE PATRIOTISM PROJECT**

Hosted on Zoom each Tuesday at 12 p.m.  
from April 20 - May 11

RSVP: <https://ideasandsociety.ucr.edu/patriotismproject/>

### **VACCINE HESITANCY WEBINAR**

Hosted by UCR Healthy Campus and UCR School of Medicine  
Wednesday, April 21 at 5 p.m.

RSVP: <https://bit.ly/ucr-vaccine-webinar>



# Afraid to get COVID-19 Vaccine?

## Join us for a live webinar with UCR School of Medicine on Wednesday, April 21.

*By: Nitya Loganda, Karlee Labrador, and Neha Loganda*



Are you or your loved ones hesitant to get the COVID-19 vaccine? We invite you to an interactive COVID-19 Vaccine Hesitancy Webinar on Wednesday, April 21 at 5 p.m. Healthy Campus has partnered with the UCR School of Medicine to address the fears that UCR community members and their families may have about the COVID-19 vaccines.

Our featured experts are David Lo, MD, PhD, senior associate dean for research and distinguished professor of biomedical sciences and Andres Gonzalez, MD, the chief medical officer for UCR Health.

The webinar presenters will answer pre-submitted questions regarding vaccine hesitancies, misunderstandings, myths, and urban legends. This webinar will help attendees to understand the risks and benefits of getting the COVID-19 vaccine, and to make an informed decision. There will also be a live Q&A portion to ask questions and share your concerns.

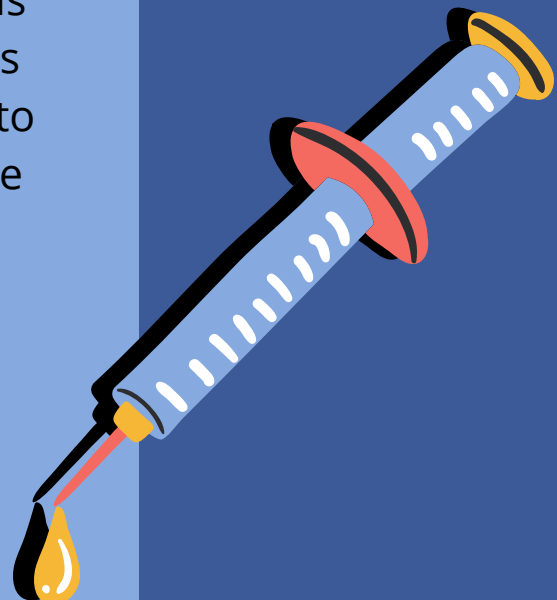
This webinar is open to all ages. We hope you and your loved ones will join us! Space is limited, so please register to save your seat.

### **EVENT:**

**Date:**  
**April 21**

**Time:**  
**5:00 p.m.**

**Zoom link:**  
<https://bit.ly/ucr-vaccine-webinar>



# Workout Wednesdays

By: Chelsea Luong

During Winter 2021, UCR Healthy Campus' Marketing and Communication Subcommittee launched the #WorkoutWednesday campaign. The #WorkoutWednesday campaign's purpose is to promote the importance of physical activity amongst the UCR community. Many UCR staff, students, and faculty members participated by sharing ways they incorporate physical activity into their life and why working out is necessary.

Send us your #WorkoutWednesday pics to help inspire fellow Highlanders to stay fit!



## Spring Recipe Spotlight: Banana Pancakes



By: Christian Lopez

### Ingredients:

- 2 Large Eggs
- 1 Ripe banana
- 1 cup of blueberries

### Recipe:

Mash banana with a fork in a bowl

Crack two eggs into the same bowl and mix until you have a batter texture

Heat a non-stick skillet over medium to medium-low heat and spray the skillet with a non-stick cooking spray

Pour 1/4 cup batter for each pancake and drop a few blueberries

Allow pancakes to cook for 1-1/2 to 2 minutes, they are ready to flip when the edges start to bubble and turn golden brown. Continue to cook until both sides are golden brown and cooked through to enjoy!



# Want to Get Involved in Healthy Campus?

By: Sky Shin

UCR Healthy Campus is now accepting applications for Communications & Marketing Interns and Video Production Interns.

These internships are a great opportunity to develop written and visual content for the UCR Healthy Campus Newsletter and UCR Healthy Campus social media platforms.

The student interns will work under the supervision of the UCR Healthy Campus Marketing and Communications Subcommittee Co-Chairs.

If you like living healthy and enjoy being creative, these internships could be a great opportunity for you to make friends, learn some transferrable job skills, and begin building a creative portfolio!

Links to Apply:

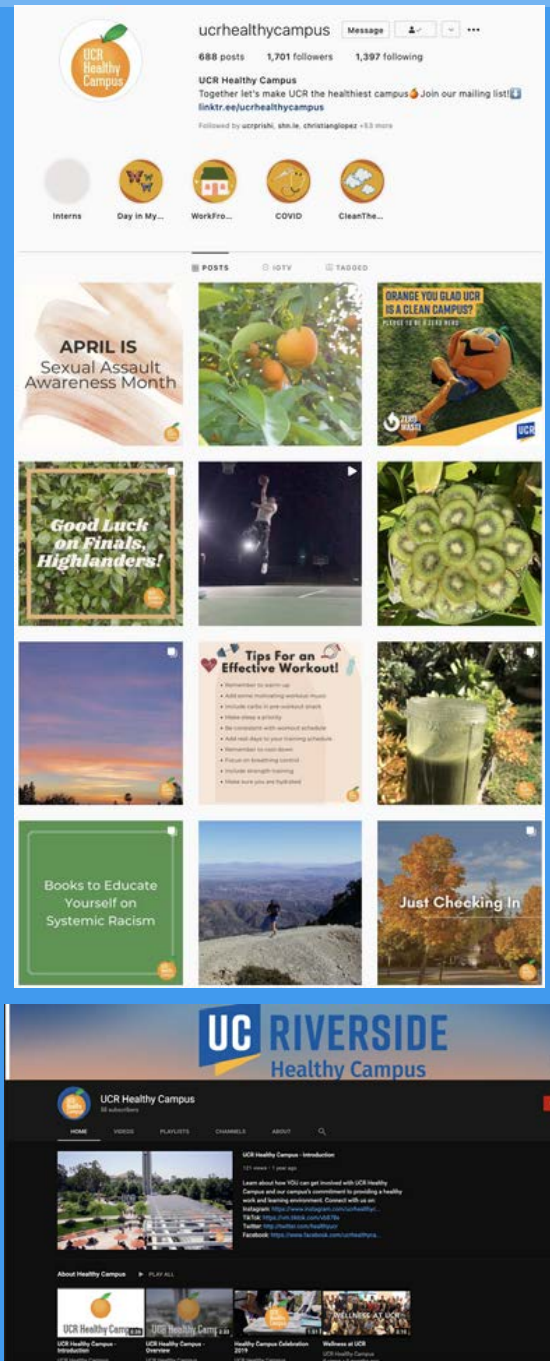
Marketing & Communications Intern: <https://tinyurl.com/ucrhcmarketingintern>

Video Production Intern: <https://tinyurl.com/ucrhcvideointern>

Interested in Learning More?

Join our recruitment webinar: Thursday, May 6 at 5:00 p.m.

Zoom link: [https://ucr.zoom.us/webinar/register/WN\\_jleg8NKLT0a-nqFVeeAvpA](https://ucr.zoom.us/webinar/register/WN_jleg8NKLT0a-nqFVeeAvpA)



# CELEBRATING OUR SENIORS

*As the year comes to an end, we congratulate and bid farewell to our graduating seniors who helped to make Healthy Campus successful.*



Major: Business, emphasis in Marketing

**What I liked best about working with Healthy Campus:**

I've loved the conversations I've been a part of. I've been involved in some of the most inspiring conversations and every student, staff, and faculty voice is heard and valued.

**What I'll miss the most:** The Healthy Campus community is unmatched and people are easily the best part of the work. I've loved the connections I've made and I'll miss being part of a team that genuinely cares about our projects and initiatives.

Karlee Labrador



Major: Sociology

**What I liked best about working with Healthy Campus:**

Healthy Campus has been such a great experience! I've most enjoyed working with such a sweet and creative group of people who inspire me.

**What I'll miss the most:** I also appreciate our tasks and goals in expanding a platform of health and wellness at UCR! It's been a memorable time that I will always cherish!

Shannon Le



Major: Media and Cultural Studies

**What I liked best about working with Healthy Campus:**

One of my favorite things about Healthy Campus was being a part of the Mental Health subcommittee! I hold Mental Health so closely to my heart and I really enjoyed creating content revolving around Mental Health issues during the pandemic.

**What I'll miss the most:** One thing I will miss is the people in the Healthy Campus team. Although I was never able to meet any of them in person, the connection we have built together online is something I will cherish and remember forever. I am extremely grateful that I had the opportunity to be an Intern for UCR Healthy Campus.

Brandon Lee

# CELEBRATING OUR SENIORS

*As the year comes to an end, we congratulate and bid farewell to our graduating seniors who helped to make Healthy Campus successful.*



Major: Public Policy

**What I liked best about HC:** I really enjoyed the endless opportunities Healthy Campus provided for students.

Regardless of your major, there's always a place to be involved in the well-being of the UCR community, and I'm so grateful I've gotten to be a part of it for the past two years!

**What I will miss most about HC:** I will definitely miss the intern team the most from Healthy Campus. Despite it being a virtual environment, I am glad we've all gotten to know each other, and work on many projects!

Neha Loganda



Major: Psychology

**What I liked best about HC:** I enjoyed working amongst a communicative and hard working team while being able to develop my leadership and professional skills.

**What I will miss most about HC:** I'm going to miss working alongside a great group of leads and marketing intern team! Although we all met during the pandemic, we all got to learn more about each other through the bonding activities and created such amazing content for all social media platforms!

Nitya Loganda

You did it!  
*Congratulations*

