

## Happy New Year 2025

A Slice of Life is a quarterly newsletter to share wellness information and encourage wellness practices within UC ANR. [Click here to share 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. We kicked off the year with our Monthly Wellness Wednesday with Lindsey Pedroncelli - Dimensions of Wellness Webinar where we learned how the Dimensions of Wellness encompass our lives. [Click here to view the recording.](#)

Join us for

### Wellness Wednesdays

on the 2nd Wednesday of the month 11:30am-12pm

- **February 11:** Intellectual Wellness - Lifelong Learning
- **March 12:** Occupational Wellness - trash, recycling, and composting at work
- **April 9:** Environmental Wellness - Nature Appreciation, Nature Stewardship

Join the Zoom meeting here: <https://ucanr.zoom.us/j/99602578735?pwd=l6QKqWtVF9mX0pTxyqoj3lZRyglivV.1>

## BREATHE

Millions of Americans suffer from mood problems and stress-related issues including anxiety, depression, insomnia, and trauma-induced emotions and behaviors; and most would prefer not to take medication for their conditions due to troublesome side effects, withdrawal symptoms, and disappointing success rates.

Drs. Richard P. Brown and Patricia L. Gerbarg provide a drug-free alternative.

Take a look at: The Healing Power of the Breath Audio

These audio files accompany the book [The Healing Power of the Breath](#) by Richard P. Brown, MD, and Patricia Gerbarg, MD, copyright © 2012. Published by Shambhala Publications.



Thank you for  
participating in the  
challenge!

- **UC ANR ranked 5th out of all UC locations**
- **Top Ranked Team:** UC ANR CNH
- Top two **most improved** teams from week 1 to week 4: UCCE Santa Clara Cluster and the Glenn Go-Getters
- **Biggest weekly point jump:** UCCE Colusa
- **28-Day Perfect Participation Award:** From the many who logged every single day of the challenge, congratulations to Lauren Fordyce, Urban and Community IPM Educator

## TRY THIS RECIPE!

### Tuscan White Bean Soup

Makes 3 quarts, serves 6 to 8 Level: Beginner

#### INGREDIENTS

- 1 pound dried white cannellini beans (for canned beans, see note)
- Good olive oil
- 4 ounces pancetta, ¼-inch diced (see note)
- 2 cups chopped leeks, white and light green parts (2 leeks)
- 2 cups chopped yellow onion (2 onions)
- 2 cups (½-inch) diced carrots, scrubbed (5 carrots)
- 2 cups (½-inch) diced celery (4 ribs)
- 2 tablespoons minced garlic (6 cloves)
- 2 teaspoons minced fresh rosemary
- 8 to 10 cups chicken stock, preferably homemade
- 2 bay leaves
- Kosher salt and freshly ground black pepper
- Freshly grated Parmesan cheese

[Click here for Barefoot Contessa Ina Garten full recipe cooking instructions](#)

