**Get Involved**

**Overcoming Perfectionism With Porter Knight**

Do you ever feel like you have to be perfect at everything? If so, it might actually be preventing you from living your best life. Perfectionism can be a double-edged sword—it can help us achieve our goals, but it can also be a hindrance. It can make us feel anxious and stressed, and it can prevent us from taking risks and trying new things. But it doesn’t have to be this way. In this workshop, we’ll explore the impact of perfectionism in our lives and learn tools and strategies to help us overcome it.

*Date:* February 1, 12-1pm
*Virtual Winter Biking Workshop*

*Hosted by:* Local Motion, CATMA, Champlain College, the University of Vermont, Vermont Clean Cities Coalition.

This webinar is open to UVM students and employees.

Learn tips and tricks to help you feel confident, safe, and have fun while continuing to ride in the winter!

**Journey to the Beloved Community**

**Luther King Jr. Keynote Celebration with Reverend Nelson N. Johnson!**

Dr. Martin Luther King Jr. Celebration Keynote 2024

Organized in 1991, BCC seeks to organize communities that are equitable, inclusive, and welcoming. We are an A Community Land Trust that supports the development and preservation of affordable housing.

*January 23, 2024, 4-5:30pm*

**Don’t Ride Out Winter, Ride IN Winter!**

Virtual workshop to learn tips and tricks to help you feel confident, safe, and have fun while continuing to ride in the winter!

**The UVM Board of Trustees**

**Winter Report to the BoT**

The UVM Board of Trustees meets regularly on campus. Many of their meetings are open to the public. This year’s UVM United Way campaign is officially under way. Every $1 raised is transformed into a community investment worth $3.

Did you know that full-time UVM employees can donate through payroll deduction? This year’s campaign has $230k available per year to support local agencies.

There will also be gift cards, bike gear, and goodie bags, thanks to partners at CatSafe APP and farm stands.

**Community in which all are respected, all are valued and given an opportunity to live up to their greatest potential.**

**Medicaid provides transportation to appointments for covered services to non-emergency medical transportation (NEMT)**

Non-Emergency Medical Transportation (NEMT)

Click for details.

**Link For Details**

**Volunteers**

**Become a Sustainability Ambassador**

A UVM employee who is committed to sustainability among peers by acting as a liaison between their functional area and the Office of Sustainability. If you're interested in this low commitment, high impact role, please contact Karyn McGovern, Finance Coordinator, at karyn.mccamp@uvm.edu.

Sustainable Campus Fund has $230k available per year to support local sustainability initiatives.

**Astonishing**

Research on the Evolution of lung disease ages 25 - 35

Asthma Research Studies

For more information and to register, visit [go.uvm.edu/mlk](go.uvm.edu/mlk).

This is a free and available to public event!