

JUN 2024

RECREATION NEWS

Official Newsletter of UB Recreation



National Say Something Nice Day JUNE 1, 2024

National Say Something Nice Day, celebrated on June 1st, is a day dedicated to spreading positivity through kind words and uplifting messages. Originating in Charleston, South Carolina, this day was inspired by Dr. Mitch Carnell to promote positive communication and counteract negativity.



WHY SAYING SOMETHING NICE MATTERS

- **Boosts Morale:** Kind words can lift someone's spirits, especially on a tough day.
- **Builds Relationships:** Positive interactions strengthen bonds and foster trust.
- **Promotes Mental Health:** Kindness reduces stress and anxiety.
- **Spreads Positivity:** Kindness is contagious, creating a ripple effect of goodwill.



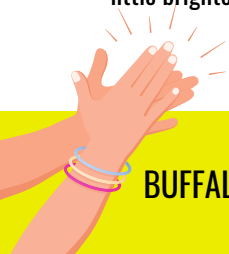
FUN WAYS TO CELEBRATE

- **Compliment a Stranger:** Brighten someone's day with a simple compliment.
- **Write a Note:** Leave a heartfelt note for a friend or colleague.
- **Social Media Shout-outs:** Use social media to highlight someone's achievements.
- **Thank You Cards:** Send thank you cards to people who've made a positive impact.
- **Encourage Positivity at Work:** Create a "Say Something Nice" board for coworkers to share compliments.



Long-term Benefits: Regularly practicing kindness can improve workplace culture, enhance personal relationships, and reduce stress. Teaching children the value of kind words helps build a compassionate future generation.

National Say Something Nice Day is a reminder of the power of words. On June 1st, make an effort to share kind words and spread joy. It doesn't take much to make someone's day a little brighter—sometimes, all it takes is a few nice words.



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CPR & AED

AWARENESS WEEK

June 1-7, 2024

National CPR and AED Awareness Week is June 1–7, 2024, and it's a crucial time to highlight the importance of CPR in saving lives during cardiac arrest situations. According to the American Heart Association, **timely CPR can save between 100,000 and 200,000 lives each year** and significantly boosts survival rates.

The highlight of this week at the University at Buffalo is the CPR classes offered by UB Recreation. These sessions are designed to provide you with essential lifesaving skills. Register now through the [UB Recreation CPR Training website](#).



How You Can Participate:

ARRANGE TRAINING

Set up CPR and AED training sessions with friends, co-workers, or individually. **UB Recreation provides flexible scheduling options.**

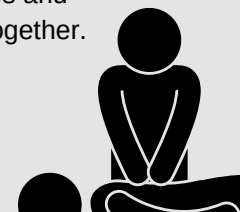


SHARE ON SOCIAL MEDIA

Post photos of your group learning CPR using hashtags **#CPRsavesLives** and **#CPRwithHeart**. Change your profile picture to the CPR Week image to spread the word.

ORGANIZE AN EVENT

Host a gathering to watch Hands-Only CPR videos and enjoy healthy snacks together.



By enrolling in a UB Recreation CPR class, you're taking an important step toward becoming a lifesaver. These classes are an invaluable resource for the UB community, empowering individuals with the knowledge and confidence to act in emergencies. Secure your spot today!



Do not forget



FATHER'S DAY

It's a perfect time to show some extra appreciation for all the amazing things dads do. Whether it's a heartfelt card, a special gift, or just spending quality time together, make sure to celebrate and make it a memorable day for the dads/fathers/role models in your life!



JUNE-TEENTH

"Juneteenth" combines "June" and "nineteenth," marking the day the last enslaved people in Texas were freed. Texas made it an official holiday in 1980, and now all states and D.C. recognize it. It became a federal holiday on June 17, 2021. Celebrations include red foods and drinks symbolizing resilience, along with parades, music, dancing, historical reenactments, and community gatherings to celebrate African American culture and heritage. **UB Recreation will be closed 6/19/2024.**



TENNIS LESSONS

We are excited to announce that Session 1 starts on **June 24th!** Spots are limited, so be sure to sign up soon. With four sessions available this summer, you'll be able to find the perfect days and times that fit your schedule. Our group lessons, designed for adults aged 18 and over, will be held at the Ellicott Tennis Courts. You can register and make your payment on [our website](#).

SIGN UP!



CELEBRATE INTERNATIONAL YOGA DAY



Friday

21 June, 2024

UB REC's Free Virtual Fitness On-Demand Classes

International Yoga Day, celebrated annually on June 21st, is a global event that honors the ancient practice of yoga and its myriad benefits for the body and mind. Yoga, a practice that originated in India over 5,000 years ago, integrates physical postures, breathing exercises, and meditation, offering a holistic approach to health and wellness. This International Yoga Day, UB Recreation invites you to experience the transformative power of yoga through our **free** virtual Fitness On-Demand Classes, available 24/7.

Discover the Benefits

- 1. Improved Flexibility and Strength:** Regular yoga practice enhances muscle flexibility and strength, promoting better posture and reducing the risk of injury.
- 2. Stress Relief:** Yoga incorporates breathing techniques and meditation that help reduce stress and promote a sense of calm and well-being.
- 3. Enhanced Mental Focus:** The mindfulness aspect of yoga improves concentration and mental clarity.
- 4. Cardiovascular Health:** Dynamic forms of yoga, such as Power Yoga and Buti Yoga, provide cardiovascular benefits by increasing heart rate and improving circulation.
- 5. Increased Mobility:** Gentle forms of yoga, like Chair Yoga, improve joint mobility and are accessible to individuals with limited mobility or balance issues.



Explore UB REC's Yoga Offerings

UB Recreation's Video On-Demand Library offers a variety of yoga classes tailored to different fitness levels and preferences, including:

- **Buti Yoga:** A dynamic blend of yoga, tribal dance, and plyometrics for a cardio-intense workout.
- **Chair Yoga:** Adapted for limited mobility or balance challenges, focusing on gentle stretches and mindful movements.
- **Power Yoga:** Intense and dynamic, combining strength, flexibility, and mindfulness for enhanced endurance and focus.

Join the Movement

This International Yoga Day, take advantage of UB Recreation's **free**, 24/7 virtual Fitness On-Demand Classes. Explore the full range of classes and find the perfect fit for your wellness journey by visiting our [Fitness Programming page](#). To start your yoga journey and explore our Video On-Demand Library, visit [UB Recreation's Video On-Demand Library](#).

Embrace the benefits of yoga and join the global celebration of International Yoga Day with UB Recreation. Our virtual classes are designed to help you achieve your fitness goals from the comfort of your home, at any time that suits you. **Namaste!**

SCAN ME





Pride

WORDSEARCH



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- ACCEPTANCE
- ACTIVISM
- ADVOCACY
- ALLYSHIP
- AUTHENTICITY
- CELEBRATION
- COMMUNITY
- COMING OUT
- DIVERSITY
- EDUCATION
- EMPOWERMENT
- EQUALITY
- FAMILY
- FLUIDITY
- FREEDOM
- GENDER
- HISTORY
- IDENTITY
- INCLUSION
- LIBERATION
- LOVE
- LGBTQ
- NON-BINARY
- PARADE
- PRIDE
- QUEER
- RAINBOW
- RIGHTS
- SAFE SPACES
- SEXUAL ORIENTATION
- STONEWALL
- SUPPORT
- TRANSGENDER
- UNITY
- VISIBILITY

