Embrace agave with Community Classroom courses

The College of Social and Behavioral Sciences is partnering with the Agave Heritage Festival in Tucson on its latest slate of Community Classroom Program courses. University employees, students and alumni can receive a 30% discount on the courses by emailing communitymatters@arizona.edu for a discount code. Registration for the classes is available online.

Anyone who participates in a class will be eligible for discounted rates for Agave Heritage Festival events. Those who register for the full series of courses will be able to attend a VIP Agave Heritage Festival kickoff reception on April 18.

The Community Classroom Program offers noncredit full courses and cultural immersion experiences to those interested in lifelong learning. Courses are taught by University faculty members and community scholars.

Four classes will be offered:

- Savoring Story: Writing our Food Memories
- Tohono O'odham Foodways
- Agave: The Cultural History of Food and Power in Mesoamerica
- Global Movements for Food Sovereignty.

Deadline approaches for ‘On Our Own Time’

Artists in the campus community have a little more than a week left to register for this year's "On Our Own Time" art exhibition and competition. The registration deadline is Jan. 19 for the showcase, which is open to University employees, retirees, volunteers and their family members.

Cash prizes will be awarded for first-, second- and third-place entries in professional, intermediate, amateur, teen and youth categories. Best of Show and Art Education awards also will be given. The show is being judged virtually but artists have the option to display their art from Jan. 29-Feb. 10 in the lobby of Biosciences Research Laboratories, 1200 N. Cherry Ave.

The program is coordinated by the University's Employee Recognition Committee and is sponsored by the National Arts Program, which provides materials and funding for awards. For more information, contact Pamela Wagner, operations coordinator in the Department of Family and Community Medicine, at pamelaw@arizona.edu. See the winning entries from last year in this Lo Que Pasa story.

Get ready to get moving

In an effort to encourage University employees to be active at least 150 minutes per week, Life & Work Connections is seeking employees teams for this year's Move Arizona initiative. The eight-week program runs from Feb. 28-April 23.

Move Arizona is a workplace movement initiative spanning eight weeks each spring. The effort aims to encourage University employees to meet the goal of 150 minutes of physical activity per week as recommended by the U.S. Department of Health and Human Services.

Participants will download an app to track physical activity ranging from hiking to housework. Teams can have as few as two members and as many as 10. Team registration begins Feb. 7. Those interested in being a team captain can sign up online and register for the team captain orientation session.

Every participant who registers more than 150 minutes of movement per week for the entire eight-week program will receive 500 points for the Health Impact Program, an incentive-based well-being program designed to help employees make everyday changes to improve their health.