NCRC Community News & Announcements

December 1, 2014

"Wellness Center"

Need assistance with a weight or cardio machine in the NCRC Wellness Center? Have questions about an MHealthy program, such as personal training or Active U? Look no further! MHealthy Physical Activity Specialists will be on site most Tuesdays and Thursdays from 11:00AM - 1:00PM to help answer any exercise related questions or general MHealthy questions.

Currently 254 Wellness Center members since October 2014.

The first month of your NCRC Wellness Center membership is FREE!

Eligible Wellness Center Members:

- UMHS Faculty or Staff
- University NCRC Occupants
- NCRC Accelerator Occupants
- NCRC Bosch Occupants
- NCRC Honda Occupants
- NCRC Lycera Occupants
- NCRC VA Occupants
- U-M Traverwood Occupants
- NCAC Occupants

Sign-up for your NCRC Wellness Center Membership!

The first 500 people to sign-up will receive an NCRC Wellness Center BPA free water bottle. You may pick up your water bottle at the NCRC Mcard Office.

NCRC Events

NCRC Feedback
Questions or comments?
Please email: ncrcfeedback@umich.edu

NCRC Quick Links
Facilities

- Data Connectivity & CAEN Disruption
- Winter Weather at NCRC
- Building 10: Construction Update
- Building 10: Corridor Construction
- Building 14: Temporary Data Cable Installation
- Building 14: Renovation Project - Corridor Closure
- Building 520: Bridge Renovations

Click here to view all NCRC Notifications & Updates

Events

- 12/4 - Healthy Holidays Open House
- 12/4 - Zilke Farms Holiday Sale
- 12/4 - TOP Seminar Series: Greg Thurber, Ph.D.
- 12/4-5 - Crimson Workshop
- 12/9 - Computer Showcase Pop-Up Sale
- 12/16 - Computer Showcase Pop-Up Sale

Announcements

- New Plastic Blend Sheds Heat 10 Times Better Than Conventional Plastics: Gun-Ho Kim, Research Fellow in MSE Professor Jinsang Kim's research group, holds a sample of a polymer in the North Campus Research Complex >> Read More
- New Art Exhibition - Phantom Prospects: Exchanging Visions of Landscape
- Safety Tips: Bring an item to have tested for heavy metals such as lead or cadmium (bring up to 3 items such as a toy, coffee mug, small household item, you name it) to the December 4th Healthy Holiday Open House.
- OSEH Prescription Safety Glasses FAQ's
- 2014 NCRC Annual Report Website
- MLibrary@NCRC: Global Health Information Resources
- Tech Tip: Need to locate videoconferencing services at NCRC and beyond? UMHS Endpoints (requires Level-2 password) is our searchable index of video-conference rooms and equipment, and it's all available right from your web browser or mobile device. Need more help? Call us at 763-7770 or email msishelp@umich.edu

Reminders

- Discovery Fund Request for Proposals from Early Stage Investigators - Letters of Intent due January 5
- Click here for more Safe Winter Walking Tips
- CBSSM Post-doctoral Fellowship Program 2015-2016 Application Deadline: January 12th
• **New Notary Service offered at NCRC!**
• The **North Campus Children's Center** has openings for children ages 3 years and up beginning January 5th for the following schedules:
  - Half day morning preschool, 5 days per week
  - Full day preschool and child care, full and partial weeks available.
  Please contact Nancy Hagedorn-Fidler at 734-936-8485 to arrange a tour. For more information visit our [website](#).
• **New chair massage dates and extended times for 2015!**
• **BioArtography: Selection 2014**
• **Mark Newport: My Heroes**