Attend a FREE NCRC Chef Demo!

You are invited to MHealthy’s Eat Smarter: Chef Demonstration to see and taste how easy it is to make healthy foods you and your family will love! MHealthy Chefs will prepare 3 recipes and you will get food samples, recipes and tips on healthy eating. The event is FREE, sponsored by MHealthy.

You have two opportunities to attend. Please register (link below) to reserve your spot. Registration will be limited to the first 100 attendees. Bring your lunch or dinner as the food samples will be small.

Registration Deadline is Thursday, March 12th!

Thursday, March 26th, 12:00PM-1:00PM
NCRC, Building 18, Dining Room
Click here to register

OR

Thursday, March 26th, 6:00PM-7:00PM
NCRC, Building 18, Dining Room
Click here to register

For questions, please e-mail: mhealthynutrition@umich.edu

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

- Building 16: Elevator Update
- Building 18: Fire Alarm Tests
- Building 300: Network Outage
- Courtyard Closure Reminder - Access is restricted to courtyards during inclement weather by locking access doors or with the use of signage and barriers. We discourage occupants from bypassing the barriers for their own safety. Please contact Plant Operation Call Center (POCC) at 734-647-2059 to report slippery conditions or areas that may need additional snow removal due to blowing and drifting.
- Winter Weather at NCRC

Click here to view all NCRC Notifications & Updates

Events

- 3/10 - CBSSM Seminar: Leigh Turner, PhD
- 3/12 - TOP Seminar Series: Melissa Eslinger, Luis Solorio, & Peter White
- 3/13 - TIAA-CREF Individual Counseling Sessions
- 3/13 - Transdifferentiation, Transformation and Transition in Pancreatic Cancer: Howard Crawford, PhD
- 3/16 - NCRC Blood Drive
- 3/16 - IHPI Research Seminar: John F. P. Bridges, PhD
- 3/16 - 2015 Distinguished Speaker in Clinical Research: Terri Hinkley RN, BScN, MBA, CCRC
- 3/19 - Life Science Suppliers Show
- 3/20 - TIAA-CREF Individual Counseling Sessions
- 3/21 - Men’s Fellowship Breakfast: You Can Prevent Colon Cancer
- 3/26 - Chef Demo at NCRC Event 1st Session
- 3/26 - CBSSM Seminar: Jill A. Fisher, PhD
- 3/26 - Chef Demo at NCRC Event 2nd Session
Announcements

- Did you know people who attend Weight Watchers meetings lose 3 times more weight as those who go alone? Join the NCRC Weight Watchers Group! All participants must register online for the At Work Weight Watchers session by March 16th.
- **Digital innovation comes to NCRC lobbies!**
- New Funding Opportunities: [MiCHR Pilot Grant Program Requests Proposals for Clinical & Translational Research](#) - Application Deadline: 5:00PM, Friday, March 13th
- News from Flavors - Flavors has eliminated the Self-Serve Express Lunch to accommodate more healthy options. We are still offering a meal with less wait on the Grill Line. Each day’s selections will be prepared by the chef based upon available ingredients and posted on the Express Lunch Menu, located at the grill. Soups have been moved to the end of the Salad Bar Island to make room for our new Soft Serve Station, which will be opening very soon!
- **Tech Tip**: Keep your important data safe! “Spring Forward” is a perfect reminder to change your password. If you have questions call 763-7770 or email msishelp@umich.edu.
- [MLibrary@NCRC: Data Management Plan Assistance](#)
- Help U-M Medical School Office of Research Enhance Research Funding Communications - [Take Survey!](#)
- [Medical School Information Services](#) (MSIS) want to know what you think of the work they do for you, and you can tell them by completing this anonymous survey before **March 31st**.

Reminders

- Many catered events are held at NCRC in conference rooms and common spaces. We have had several recent reports of people not associated with the event, removing food intended for the participants. The food is considered property of the host of the event and should not be taken without permission.
- [AirWatch detailed instructions to enroll an Android device - with screen captures](#)
- [AirWatch detailed instructions to enroll an iOS device - with screen captures](#)
- NCRC Exhibitions: [impossible object - Endi Poskovic: Recent Print Works](#)
- **Sign up for an NCRC Wellness Center Membership!**
- **Notary Service offered at NCRC!**