This week…

- RSC Closed on Memorial Day
- RSC User Advisory Committee Meeting
- Upcoming RSC Workshops
- May is Mental Health Awareness Month
- Lab-Buddy Safety System for RSC After-Hours Work
- Did you know?
RSC Closed on Memorial Day

RSC facilities will be closed on Monday, May 30th, Memorial Day. Authorized users with after-hours access may use the facilities from 8:00 a.m. to 8:00 p.m. using the Lab-Buddy safety system throughout the day.

RSC User Advisory Committee Meeting

The next meeting is this Thursday, May 26 at Noon – 115 NRF

Upcoming RSC Workshops

Workshops on Thin Film Deposition and Plasma Etching are being prepared. Stay Tuned!

May is Mental Health Awareness Month:

Some suggestions to promote mental health:

- Eat 2-3 well-balanced meals per day.
- Engage in physical activities for at least 30 minutes a day.
- Engage in positive thoughts and conversations.
- Practice mindfulness or meditation on a daily basis.
- Learn how to manage your stress.
- Stay present in your daily relationships.
- Avoid "screen time" and engage in more “in person time”.
- Take time for yourself every day.
Lab-Buddy Safety System for RSC After-Hours (5:00 – 8:00 PM) work and weekends: **It is required!**

- Please use the after-hours RSC Lab-Buddy/E-Buddy Safety System. Details can be found at [https://rsc.aux.eng.ufl.edu/safety/ebuddy.asp](https://rsc.aux.eng.ufl.edu/safety/ebuddy.asp)

- Cleanroom use (no Acid Benches) is now allowed on weekends (8:00 AM – 8:00 PM)

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**Did you know...?**

- **There will not be brown bag webinars during the Summer.**

- **You should not bring any food or beverages into the labs.**

- **You can join the RSC Users' Teams by clicking on the Microsoft Teams icon at the top of the Weekly Update and the RSC homepage.**

- **You can request to meet with RSC Staff in person or online through this link.** It can be also accessed on the orange tabs on the RSC homepage.

- **You can submit an anonymous tip/note to RSC Staff.**