Balancing Technology

During the Spring 2019 semester, Be Well at Work is offering a variety of resources to help you balance technology in your life by learning about the risks, establishing a healthy relationship with technology, and finding ways to reconnect with yourself and others.

Spring 2019 Programs

Location is Tang Ed Center unless otherwise stated.

Computer Health Matters: User-Friendly Workstations
Wed 1/30, 3/27, 4/24, 5/29, 6/26 & 7/24 or Tue 2/26 | 8:30-9:30am

Keyboards and Mice: Ergonomic Alternatives
Wed 1/30, 3/27, 4/24, 5/29, 6/26 & 7/24 or Tue 2/26 | 9:45-10:45am

Reclaiming Childhood in a Digital Age
Tue, Feb 6 | 12:10-1:30pm

The Power of Play
Wed, Mar 6 | 12:10-1:30pm

Positive Technology Habits to Balance Your Health & Wellness
Tue, Mar 12 | 12:10-1pm

Using Your Smart Phone to Care for Seniors
Wed, Mar 13 | 12:10-1:30pm

Ecotherapy: Healing Through Nature
Thu, Mar 14 | 12:10-1:30pm | Faculty Glade (Rain location: Tang Ed Center)

Rustic Meals for Camping, Cookouts, or Home
Tue, Mar 19 | 12:10-1pm

Creativity and Your Health
Wed, Mar 20 | 12:10-1pm

Communication Skills to Support Your Quiet Teen
Wed, May 8 | 12:10-1:30pm

Habits: The Good, The Bad, and The Ugly
Wed, May 29 | 12:10-1:30pm

Balancing Technology Challenge

4-Week Challenge
Mon, Feb 25 – Sun, Mar 24

Cell Phones, Cell Towers, and Wireless Safety

Keynote Presentation

Dr. Joel Moskowitz,
Director and Principal Investigator,
Center for Family and Community Health at UC Berkeley

Wed, Feb 27
12:10-1:30pm
Tang Ed Center

Learn more and register:
uhb.berkeley.edu/technology