



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

Wed, 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

Habits: The Good, The Bad, and The Ugly

Wed, Apr 24 | 12:10-1:30pm

Communication Skills to Support Your Quiet Teen

Wed, May 8 | 12:10-1:30pm

Balancing Technology Challenge

4-Week Challenge

Mon, Feb 25–Mon, Mar 25

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

Video posted online.



Be Well at Work

Faculty/Staff Health Programs

Disability Management · Elder Care · Employee Assistance
Ergonomics · Occupational Health · Wellness · Work/Life

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