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

**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

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**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

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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