

HAPPY SPRING SEMESTER!

Be Well at Work Faculty/Staff Health Programs are proud to have met the 2023 American Heart Association criteria for Gold recognition in the Association's Workforce Well-being Scorecard, in partnership with People & Culture, Environmental Health and Safety, Wellness Ambassadors, Ergonomic Navigators and numerous other campus partners. In 2024, we will continue to bring you exemplary workplace health and well-being programs, services and events and we look forward to being in community with you.

This Spring semester join our Be Well at Work Faculty/Staff Health Programs to discover experiential insights, practical tips, and effective strategies to enhance your well-being. Our workshops provide a supportive environment for learning and nourishment as we focus on physical and mental wellness, nutrition, financial literacy, and caregiver resilience. **To learn more visit uhs.berkeley.edu/bewellatwork.**

*denotes in-person only workshop | **denotes hybrid workshop

HEALTH & WELLNESS

UC Moves: Moving More Together Event

Thu 6/6; 12:10 - 1 pm, Campanile

Creativity and Your Well-Being: Canvas Painting*

Wed 3/6; 12:10 - 1 pm

I CAN: Commit to Activity and Nutrition

6 Week Healthy Lifestyle Program

Tue 3/26 - Tue 4/30

Active at Work

Yoga for Tension & Stress Relief*

Fri 2/9, 3/8, 4/12; 12:10 - 1 pm

Cardio Kickboxing*

Fri 4/5, 5/3; 12:10 - 1 pm

Cook Well Berkeley

Tasty Tofu**

Tue 2/13; 12:10 - 1 pm

Flavors around the World**

Wed 3/20; 12:10 - 1 pm

Plant-Based and Planet-Friendly*

Wed 4/24; 12:10 - 1 pm

Goal Setting: Nutrition and Beyond [recorded]

Recorded Virtual Workshops and Programs

DISABILITY MANAGEMENT

Disability Management: Navigating the Process

Tue 1/16, 2/13, 3/12, 4/9, 5/7; 6/11 Noon - 1 pm

Disability Management: Understanding the Process

Wed 1/17, 2/21, 3/20, 4/17, 5/15; 9 am - 12:30 pm

Disability Management II: A Deeper Dive

Wed 1/31, 2/28, 3/27, 4/24; 9 am - 12:30 pm

ELDER CARE

Connecting with a Loved One Living with Dementia

Tue 1/30; Noon - 1:30 pm

Helping a Loved One Transition to Senior Living**

Thu 2/29; Noon - 1:30 pm

Caring for Elderly Family Members: Roles, Responsibilities, Reluctance, & Resilience **

Wed 3/13; Noon - 1:30 pm

Financial Planning for Long Term Care**

Thu 4/25; Noon - 1:30 pm

Living with Illness: Planning for Life and Quality of Life

Wed 5/29; Noon - 1:30 pm

STRESS MANAGEMENT

Tips and Tools for Building Resilience

Mon 1/22; Noon - 1 pm

Creating Healthy Boundaries in the Workplace

Thu 2/8; Noon - 1 pm

Strategies for Collaboration with Neurodivergent Family, Students, and Staff

Tue 3/19; Noon - 1:15 pm

Understanding Your Relationship to Work

Wed 4/3; Noon - 1:15 pm

FINANCIAL WELLNESS

Create a Budget, Ditch Your Debt

Tue 2/6; Noon - 1 pm

529 College Savings Plans

Thu 3/7; Noon - 1 pm

Fundamentals of Retirement Income Planning

Thu 3/21; Noon - 1 pm

ERGONOMICS

Computer Ergonomics 101*

Wed 1/10, 4/10, 5/8, 6/5 & Tue 3/5; 10 - 11 am

Ergonomics for Managers and Supervisors

Wed 1/17, 3/27; 11 am - Noon

Ergo Product Procurement**

Wed 2/28, 5/15; 11 am - Noon

Ergonomics Navigator Training**

Wed 1/31, 5/22; 10 am - Noon

Ergo Mobility*

Wed 2/14, 4/17; 11 am - Noon

PARENTING

Planning Your Pregnancy Leave

Thu 2/15; Noon - 1 pm

Practicing Self-Compassion for Working Parents

Thu 3/14; Noon - 1 pm

Breastfeeding Your Baby; Returning to Work or School

Tue 4/2; 1 - 4:15 pm

Note: Please register on the UC Learning Center for Zoom details.



PROGRAM DESCRIPTIONS AND ENROLLMENT

1. Go to uhs.berkeley.edu/bewellworkshops
2. Under **Workshops and Training**, click on the topic of interest for the current programs with descriptions.
3. Click on the "date" or "enroll" hyperlink to the UCB Learning Center.