BE WELL IN YOUR WORKPLACE!

This fall as you return to campus for some or all of your work days, Be Well at Work Faculty/Staff Health Programs continue to invest in your health and well-being wherever you may be working. Explore various workshops to learn about tools and resources designed to support and sustain you along a continuum (physical, emotional, mental, and financial) of well-being needs during your transition. Visit uhs.berkeley.edu/bewellatwork to register today!

**HEALTH & WELLNESS**

**Water Made This:** 3-Week Healthy Lifestyle Program
Mon 9/20 - Sun 10/10

**Healthy Holiday Challenge:** 6-Week Healthy Lifestyle Program; Mon 11/8 - Fri 12/17

**Active at Work**
- **Dancing for Fun and Fitness**
  Fri 9/3, 10/1, 10/8, 11/5, & 12/2; 12:10 – 1 pm
- **Yoga for Tension & Stress Relief**
  Fri 9/10, 10/18, 11/15, & 12/10; 12:10 – 1 pm

**Cook Well Berkeley**
- **Meal Prep for a Week**
  Tue 9/28; noon - 1 pm
- **No Cook Meal Prep**
  Thu 10/28; 12:10 – 1 pm
- **Holiday Treats**
  Thu 12/2; 12:10 – 1 pm

**Creativity and Your Well-Being Series**
- **Homemade Gifts I**
  Fri 10/15; 12:10 – 1 pm
- **Homemade Gifts II**
  Tue 11/16; 12:10-1 pm

**Virtual Workshops & Programs (Recorded)**
All recordings available at uhs.berkeley.edu/wellness/recordings
- **Leading a Healthy Lifestyle**
- **Strategies for Making Healthy Lifestyle Changes**

**DISABILITY MANAGEMENT**

**Disability Management: Navigating the Process**
Wed 9/1, 9/20, & 10/13; noon – 1 pm

**Disability Management: Understanding the Process**
For Managers & Supervisors Only
Wed 9/15, 10/6, & 11/17; 9 am - 12:30 pm

**Understanding the Process Part II: A Deeper Dive**
For Managers & Supervisors Only
Wed 9/29, 10/19, & 11/26; 9 am - 12:30 pm

**ELDER CARE**

**Essential Legal Planning**
Mon 10/4; 12:10 – 1:30 pm

**Who Will Care for Me?**
Thu 11/18; 12:10 – 1:30 pm

**Dementia: A Primer for Family Caregivers**
Mon 12/6; 12:10 – 1:30 pm

**ERGONOMICS**

**Computer Health Matters:** User-Friendly Workstations
Thu 9/9, 11/4, & Tue 10/5 & Wed 12/8; 9 – 10 am

**Keyboards and Mice:** Ergonomic Alternatives
Tue 9/14 & Thu 10/21; 12:10 – 1 pm

**Everyday Ergonomics**
Thu 9/23; 10 – 11 am

**Back Talk**
Thu 10/7; 12:10 – 1 pm

**Core Essentials for Better Posture**
Tue 10/19; noon – 1 pm

**FINANCIAL WELLNESS**

**Starting Your Investment Portfolio**
Tue 9/28; 12:10 – 1:30 pm

**Investing in the UC Retirement Savings Program**
Tue 10/26; 12:10 – 1:30 pm

**Maximize Social Security in Retirement**
Tue 12/7; 12:10 – 1:30 pm

**PARENTING**

**Tackling Tough Conversations with Tweens and Teens**
Wed 9/22; 12:10 – 1:30 pm

**Planning Your Pregnancy Leave**
Thu 9/30; 12:10 – 1 pm

**Breastfeeding Your Baby/Returning to Work or School**
Thu 10/7; 1 – 4:15 pm

**Understanding and Creating Listening Partnerships**
Tue 10/12; 12:10 – 1:30 pm

**Looking to Nature as the New Normal**
Wed 10/27; 12:10 – 1 pm

**STRESS MANAGEMENT**

**Guided Meditation**
Thu 9/23; noon – 12:50 pm

**Speed and Overcoming Our Fear of Slowing Down**
Thu 10/28; 12:10 – 1:30 pm

**Tips & Tools for Building Resiliency**
Wed 11/10; noon – 12:50 pm

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**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.

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