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; Mon 11/8 - Fri 12/17

**Active at Work**  
Dancing for Fun and Fitness  
Fri 9/3, 10/1, 10/8, 11/5, & 12/3; 12:10 – 1 pm

Yoga for Tension & Stress Relief  
Fri 9/10, 10/8, & 12/10; 12:10 – 1 pm

**Cook Well Berkeley**  
Meal Prep for a Week  
Tue 9/21; noon – 1 pm

No Cook Meal Prep  
Thu 10/14; 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, 10/20, & 11/13; noon – 1 pm

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

Understanding the Process Part II: A Deeper Dive  
For Managers & Supervisors Only  
Wed 9/29, 10/13, & 12/1; 9:30 - 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, & Wed 10/15; Wed 12/8; 9 – 10 am

Keyboards and Mice: Ergonomic Alternatives  
Tue 9/14 and Thu 10/21, 12/9; 9 – 10 am

Everyday Ergonomics  
Thu 9/23; 10 – 11 am

Back Talk  
Thu 10/7; 12:10 – 1 pm

Core Essentials for Better Posture  
Tue 10/12; 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 - 1pm

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

---

**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.

---

**All events listed on Berkeley Calendar:**
   bit.ly/bewellstaffcalendar

**Stay in Touch! Sign up for our listservs:**
   uhs.berkeley.edu/bewellatwork