

WORKSHOPS AND RESOURCES

FOR FACULTY AND STAFF

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, 11/5, 11/19, & 12/3; 12:10 – 1 pm

Yoga for Tension & Stress Relief

Fri 9/10, 10/8, 11/12, & 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; 12:10-1pm

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, & 11/3; noon – 1 pm

Disability Management: Understanding the Process

For Managers & Supervisors Only

Wed 9/15, 10/6, & 11/17; 9am - 12:30pm

Understanding the Process Part II: A Deeper Dive

For Managers & Supervisors Only

Wed 9/29, 10/13, & 12/1; 9am - 12:30pm

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 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 10/19; 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 - 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

All events listed on Berkeley Calendar:

bit.ly/bewellstaffcalendar

Stay in Touch! Sign up for our listservs:

uhs.berkeley.edu/bewellatwork



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.