Programs, workshops, and resources are available for faculty and staff through the Be Well at Work Faculty/Staff Health Programs. These programs are designed to boost resilience and create a safe space for exploring emotional well-being. Whether you need stress management, caregiver, or parenting support, disability management, ergonomics, or health and wellness resources, your well-being is prioritized. Visit uhs.berkeley.edu/bewellatwork to register today!

**HEALTH & WELLNESS**

Healthy Holiday Challenge: 6 Week Online Healthy Lifestyle Program
Mon 11/7 - Fri 12/16

Active at Work
- Walking for Energy and Injury Prevention* Fri 9/16, 9/23, 12:10 – 1 pm
- Dancing for Fun and Fitness* Fri 10/7, 10/14, 12/2, 12:10 – 1 pm
- Yoga for Tension & Stress Relief* Fri 9/9, 9/16, 12/9, 12:10 – 1 pm

Cook Well Berkeley
- Cooking on a Budget* Thu 10/13, 12:10 – 1 pm
- Fall/Winter Seasonal Vegetables* Wed 11/6, 12/10 – 1 pm
- Holiday Treats* Thu 12/8, 12:10 – 1 pm

Creativity and Your Well-Being: Succulent Edition* Fri 10/21, 12:10 – 1 pm

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

**DISABILITY MANAGEMENT**

Disability Management: Understanding the Process Wed 9/14, 10/19, 11/16; 9 - 12:30 pm
Disability Management: Navigating the Process Wed 9/7, 12/8; noon – 1 pm
Understanding the Process Part II: A Deeper Dive Wed 10/26, 11/30; 9 - 12:30 pm

**STRESS MANAGEMENT**

Creating Healthy Boundaries Thu 9/29; noon - 12:30 pm
Understanding Anxiety: Types, Triggers, & Treatment Thu 10/27, noon - 1:30 pm
Practices for Healthy Sleep Thu 11/5; noon - 12:30 pm
Guided Meditation Thu 11/17, noon - 12:30 pm

**ERGONOMICS**

Computer Health Matters: Campus & Remote Work Thu 9/8, 12/1, & Tue 10/4, 11/1; 10 – 11 am
Computer Workstation Evaluator Training Thu 9/22; 10 – noon
Ergonomic Alternatives: Keyboards, Mice & Movement Tue 9/13, 12/8, & Wed 10/12, 11/9; 10 – 11 am
Back Talk Wed 9/28; noon – 12:50 pm
Everyday Ergonomics Thu 10/20; 10 – 11 am

**FINANCIAL WELLNESS**

Identify & Prioritize Your Saving Goals Tue 10/11; noon – 12:50 pm
Starting Your Investment Portfolio Tue 10/25; noon – 12:50 pm
Fundamentals of Retirement Income Planning Tue 12/6; noon – 12:50 pm

**PARENTING**

Planning Your Pregnancy Leave Thu 9/15; noon – 12:50 pm
Breema: Simple Practice for Complicated Times* Wed 9/21; 12:10 – 1 pm
Breastfeeding Your Baby/Returning to Work or School Thu 10/6; 1 – 4:15 pm
Transitioning Back After Baby Bonding Leave Tue 10/18; noon – 12:50 pm
Conscious Co-Parenting Wed 11/2; noon – 12:50 pm

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