

BE WELL AT WORK - FALL 2022

Each semester, the Be Well at Work Faculty/Staff Health Programs offer workshops, healthy lifestyle programs, and resources to help equip you with the knowledge and tools to support your well-being at work. Our programs are designed to boost your resilience while creating a safe space to connect with your emotional well-being and explore your mental health needs. Whether you attend a workshop for stress management, caregiver and parenting support, disability management, ergonomics or health and wellness; your well-being is our priority. **Visit uhs.berkeley.edu/bewellatwork to register today!**

*denotes in-person workshop

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, 11/4, 12/2; 12:10 – 1 pm

Yoga for Tension & Stress Relief*

Fri 9/9, 10/14, 11/18, 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 11/16; 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 – 12:50 pm

Understanding Anxiety: Types, Triggers, & Treatment

Thu 10/27; noon – 1:30 pm

Practices for Healthy Sleep

Thu 11/3; noon – 12:50 pm

Guided Meditation

Thu 11/17, 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

ELDER CARE

Caring for Those Who Care: Meeting the Needs of Diverse Family Caregivers

Tue 9/13; noon – 1:30 pm

Caregiving with Your Siblings: How Feuding Families can Become Peaceful Partners

Thu 10/6; noon – 1:30 pm

Estate Planning, Advance Directives, and Medi-Cal – The Basics

Tue 11/15; noon – 1:30 pm

Community Services to Support Aging in Place

Thu 12/1; noon – 1:30 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, 12/6, & 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.



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.