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*  
Tue 11/8; 12:10 - 1 pm
Holiday Treats*  
Wed 12/7; 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 – 12:30 pm

Creating Healthy Sleep Practice
Thu 11/3; noon – 12:30 pm

Guided Meditation
Thu 11/17; noon – 12:30 pm

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 10/11; 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.