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*
  Thu 9/15, 9/22; 12:10 - 1 pm
- Dancing for Fun and Fitness*
  Fri 9/7, 9/14, 11/1; 12:10 - 1 pm
- Yoga for Tension & Stress Relief*
  Fri 9/9, 9/16, 11/8, 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, 11/8; 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
- Practices for Healthy Sleep
  Thu 11/5; 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 - 12:50 pm
- Caregiving with Your Siblings: How Feuding Families can Become Peaceful Partners
  Thu 10/6; noon - 12:30 pm
- Estate Planning, Advance Directives, and Medi-Cal – The Basics
  Tue 11/15; noon - 12:30 pm
- Community Services to Support Aging in Place
  Thu 12/1; 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, 12/6, & 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 - 12:30 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 - 12:30 pm
- Conscious Co-Parenting
  Wed 11/2; noon - 12:30 pm

**HEALTHY HOLIDAY CHALLENGE**

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

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**COOK WELL BERKELEY**

- Cooking on a Budget*
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**CREATIVITY AND YOUR WELL-BEING**

- Succulent Edition*
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**Note:** Please register on the UC Learning Center for Zoom details.