

UNIVERSITY HEALTH SERVICES

WORKSHOPS AND RESOURCES

FOR FACULTY AND STAFF

HAPPY SPRING SEMESTER!

This upcoming Spring semester, participate in our Be Well At Work Faculty and Staff Health Programs to gain hands-on insights, actionable tips, and proven strategies to boost your well-being. Our workshops create a welcoming space for growth and nourishment, covering key areas such as physical and mental health, nutrition, financial wellness, and caregiver support. You’ll also have the opportunity to connect with colleagues, share experiences, and engage in activities designed to promote balance and resilience in both your personal and professional life.

Please visit uhs.berkeley.edu/bewellatwork to register today!

**denotes in-person only workshop | **denotes hybrid workshop*

HEALTH & WELLNESS

Know Your Numbers Health Screening* (\$10 fee)

Wed 1/22 & Tue 1/28; 7:30 – 10 am, Appointments offered every 15 minutes

I CAN: Commit to Activity and Nutrition*

4-Week Healthy Lifestyle Program

Tue 4/1 - Thu 4/24

UC Moves: Moving More Together Event*

Wed 4/30; 12:10 - 1 pm, Campanile

Active at Work

Yoga for Tension & Stress Relief*

Fri 2/14*, 3/7, 4/4*; 12:10 – 1 pm

Joy of Movement: Dancing for Energy & Well-Being*

Fri 2/7, 3/21, 4/18; 12:10 – 1 pm

Cello Yoga*

Fri 2/21; 12:10 – 1 pm

Cardio Kickboxing*

Fri 3/14, 4/11, 5/9; 12:10 – 1 pm

Cook Well Berkeley

Savory Bites for Any Occasion**

Thu 2/13; 12:10 – 1 pm

Spring Vegetables**

Tue 3/18; 12:10 – 1 pm

Plant-Based and Planet-Friendly**

Tue 4/29; 12:10 – 1 pm

Creativity and Your Well-Being

Doodling for Relaxation and Focus**

Tue 2/4; 12:10 – 1 pm

Card Making*

Thu, 3/13; 12:10 – 1 pm

[Goal Setting: Nutrition and Beyond](#) [recorded]

[Recorded Virtual Workshops and Programs](#)

DISABILITY MANAGEMENT

Disability Management: Navigating the Process

Tue 1/14, 2/11, 3/18, 4/8, 5/6, 6/3; Noon – 1 pm

Disability Management: Understanding the Process

Wed 1/15, 2/19, 3/19, 4/16, 5/7, 6/4; 9 am – 12:30 pm

Disability Management II: A Deeper Dive

Wed 1/22, 2/26, 3/26, 4/23, 5/21, 6/18; 9 am – 12:30 pm

STRESS MANAGEMENT

Progress Not Perfection(ism)

Wed 2/5; Noon – 1 pm

Sharpening Our Focus at Work

Tue 3/4; Noon – 1 pm

Tips and Tools for Building Resilience

Thu 4/10; Noon – 1 pm

ELDER CARE

Reviving the Joy of Being Together: Creative

Engagement Ideas for Caregivers

Thu 1/23; Noon – 1:30 pm

Technology: Enhancing Quality of Life for Older Adults

Tue 2/11; Noon – 1:30 pm

Financial Planning for Long-Term Care

Wed 3/13; Noon – 1:30 pm

Knowing Your Hospital and Nursing Home Rights

Tue 4/15; Noon – 1:30 pm

Holding On and Letting Go: Family Caregiving and Grief

Tue 5/13; Noon – 1:30 pm

FINANCIAL WELLNESS

529 College Saving Plans

Thu 2/6; Noon – 1 pm

Starting Your Investment Portfolio

Wed 3/5; Noon – 1 pm

ERGONOMICS

Computer Ergonomics 101*

Wed 1/29, 2/26, 3/26, 4/30, 5/28, 6/5; 10 – 11 am

Ergonomics for Managers and Supervisors

Wed 2/12, 4/2, 5/7; 11 am – Noon

Products and Matching Funds*

Thu 2/20 & Wed 4/16, 5/14; 11 am – Noon

Ergonomics and Wellness in the Office

Wed 3/19; 10 – 11 am

Ergonomics in Motion: How to Prevent and Relieve

Computer Strain

Wed 4/9; 11 am – Noon

Desk Dynamics: Your Guide to Finding, Setting Up, and

Using Height-Adjustable Tables*

Wed 5/21; 10 -11 am

PARENTING

Choosing Childcare

Wed 2/19; Noon – 1:30 pm

Planning Your Pregnancy Leave

Thu 2/27; Noon – 1 pm

Transitioning Back After Baby Bonding Leave

Thu 3/20; Noon – 1 pm

Understanding and Responding to Toddler Tantrums

Thu 4/3; Noon – 1:30 pm

Breastfeeding Your Baby; Returning to Work or School

Tue 4/8; 1 – 4:15 pm

Easing into Gratitude: Cultivating Appreciation in Our

Daily Life

Thu 4/17; Noon – 1 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.