

UNIVERSITY HEALTH SERVICES

WORKSHOPS AND RESOURCES

FOR FACULTY AND STAFF

HAPPY FALL SEMESTER!

Be Well at Work invites faculty and staff to take part in our upcoming Fall Health Programs—designed to support your personal and professional well-being. This semester’s workshops offer practical tools, fresh perspectives, and community connection across a range of topics, including: 1) Mental and physical health, 2) Nutrition and financial well-being, 3) Strategies for caregiver support and resilience. Join us to recharge, learn, and grow. We look forward to connecting with you this semester.

Please visit [uhs.berkeley.edu/bewellatwork](https://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 9/17 & Tue 9/23; 7:30 – 10 am, Appointments offered every 15 minutes

Healthy Holiday Challenge: 6-Week Online Healthy Lifestyle Program

Mon 11/3 - Fri 12/12

Wellness Traditions: Ayurveda and Yoga\*

Wed 9/17; 12:10 - 1 pm

Active at Work

Yoga for Tension & Stress Relief

Fri 9/12\*, 10/10, 11/14\*, 12/12; 12:10 – 1 pm

Cardio Kickboxing\*

Fri 10/3, 11/7; 12:10 – 1 pm

Cook Well Berkeley

Quick and Easy Meals\*\*

Tue 10/14; 12:10 – 1 pm

Fall/Winter Seasonal Vegetables\*\*

Thu 11/6; 12:10 – 1 pm

Holiday Treats\*\*

Thu 12/4; 12:10 – 1 pm

Creativity and Your Well-Being

Holiday Card Making\*

Thu 11/13; 12:10 – 1 pm

Virtual Vision Boards

Wed 12/10; 12:10 - 1 pm

[Goal Setting: Nutrition and Beyond](#) [recorded]  
[Recorded Virtual Workshops and Programs](#)

DISABILITY MANAGEMENT

Disability Management: Navigating the Process

Tue 9/2, 10/7, 11/18, & 12/2; Noon - 1 pm

Disability Management: Understanding the Process

Wed 9/3, 10/15, 11/5, & 12/3; 9 am - 12:30 pm

Disability Management II: A Deeper Dive

Wed 9/10, 10/22, 11/19, & 12/10; 9 am - 12:30 pm

STRESS MANAGEMENT

Addressing Ambivalence: Why Change is Hard

Thu 10/9; Noon – 1 pm

Mindfulness @ Work to Reduce Stress & Burnout

Thu 10/16; Noon - 1 pm

Maintaining Your Mental Health Over the Holidays

Wed 11/19; Noon – 1 pm

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

ELDER CARE

Legal Planning for Long-Term Care

Thu 9/18; Noon – 1:30 pm

Preventing Falls for Older Adults

Thu 10/23; Noon – 1:30 pm

Responding to Resistance in Elder Care

Tue 11/6; Noon – 1:30 pm

Fostering Connection with Your Elders Over the Holidays

Thu 12/11; Noon - 1:30 pm

FINANCIAL WELLNESS

529 College Saving Plans

Wed 9/24; Noon – 1 pm

Building Savings

Wed 10/1; Noon – 1:30 pm

Increase Cash Flow

Wed 10/15; Noon - 1:30 pm

Considering Home Ownership

Tue 11/4; Noon - 1:30 pm

Understanding Asset Accumulation

Wed 11/5; Noon - 1:30 pm

Mortgage Modifications

Tue 12/2; Noon - 1:30 pm

ERGONOMICS

Ergonomics and Wellness in the Office

Thu 9/4; 11 am - Noon

Advanced Ergonomics\*

Wed 9/10, 10/8, 11/12, 12/17, & Tue 10/29; 11 am - Noon

Ergonomics in Motion: How to Prevent and Relieve Computer Strain

Thu 10/2; 11 am - Noon

Ergonomics for Managers and Supervisors

Wed 10/22, 12/3; 11 am – Noon

Keyboards and Mice: Ergonomic Alternatives\*

Wed 10/29; 11 am - Noon

PARENTING

Planning Your Pregnancy Leave

Thu 9/25; Noon – 1 pm

Breastfeeding Your Baby: Returning to Work or School

Tue 10/7; 1 – 4:15 pm

Empty Nest: Navigating Change with Rediscovery and Self-Compassion

Tue 10/21; Noon - 1 pm

Transitioning Back After Baby Bonding Leave

Tue 10/28; Noon - 1 pm



PROGRAM DESCRIPTIONS AND ENROLLMENT

1. Go to [uhs.berkeley.edu/bewellworkshops](https://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.