SPRING REFRESH!

Be Well at Work recognizes that the past year and a half has been a mix of new experiences and emotions; some energizing, while some mentally and physically fatiguing. This time period has allowed us to both establish new practices, while also resuming some familiar activities. This spring, we encourage you to “refresh” your wellbeing by taking care of yourself in ways that best suit your individual needs. You can begin a new wellbeing plan, make an appointment, join a workshop, or simply set an intention. Be Well at Work is here to support you during this process, whichever path you choose. Visit uhs.berkeley.edu/bewellatwork to register today!

HEALTH & WELLNESS

Active at Work
- Dancing for Fun and Fitness
  Fri 2/4, 3/4, 4/11, 5/8, & 6/3; 12:10 – 1 pm
- Yoga for Tension & Stress Relief
  Fri 2/11, 3/11, 4/8, & 5/13; 12:10 – 1 pm

Cook Well Berkeley
- Plant Based Tips & Tricks
  Thu 2/17; 12:10 – 1 pm
- Flavors Around the World
  Tue 3/15; 12:10 – 1 pm
- Plant-Based and Planet-Friendly
  Thu 4/8; 12:10 – 1 pm

Recorded Virtual Workshops & Programs
- All recordings available at uhs.berkeley.edu/wellness/recordings
  - Leading a Healthy Lifestyle [recorded]
  - Strategies for Making Healthy Lifestyle Changes [recorded]

DISABILITY MANAGEMENT

Disability Management: Understanding the Process
- Wed 1/12, 4/6, & 5/4; 9 am – 12:30 pm

Disability Management: Navigating the Process
- Wed 1/26, 3/16, 4/20; noon – 1:30 pm

Understanding the Process Part II: A Deeper Dive
- Wed 1/19, 4/13, & 5/11; 9 am – 12:30 pm

ELDER CARE

Healthy Living for Your Brain & Body
- Tue 1/25; 12:10 – 1:30 pm

Aging with Pride: Caregiving & Dementia in the LGBTQ+ Community
- Thu 2/3; 12:10 – 1:30 pm

Holistic Quality of Life: Creating Joyful Moments
- Thu 3/3; 12:10 – 1:30 pm

Meaningful Consent: Social & Legal Issues in Caring for Adults with Cognitive Changes
- Tue 4/12; 12:10 – 1:30 pm

Going the Distance: Resilience & Self-Care for Family Caregivers
- Thu 5/5; 12:10 – 1:30 pm

All events listed on Berkeley Calendar:
bit.ly/bewellstaffcalendar

Stay in Touch! Sign up for our listservs:
 uhs.berkeley.edu/bewellatwork

ERGONOMICS

Computer Health Matters: Multiple Workstations
Thu 3/1, 3/17, 4/14, 5/12, & Wed 2/23, & Tue 6/7; 10 – 11 am

Computer Workstation Evaluator Training
Thu 1/20, 4/21; 10 am – noon

Keyboards and Mice: Ergonomic Alternatives
Thu 1/27, & Wed 3/9, 5/18, & Tue 5/3; 10 – 11 am

Core Essentials for Better Posture
Wed 2/2 & Tue 5/10; 12:10 – 1 pm

Back Talk
Wed 3/16; 10 – 11 am

FINANCIAL WELLNESS

Women and Investing
Tue 3/8; 12:10 – 1 pm

Creating a Budget
Tue 4/5; 12:10 – 1 pm

Preparing for Retirement
Wed 3/23; 11 am - 1 pm

PARENTING

Supporting Anxious Children
Thu 2/24; 12:10 – 1:30 pm

Planning Your Pregnancy Leave
Thu 3/10; 12:10 - 1 pm

Returning to Work Following Baby Bonding Leave
Thu 3/31; 12:10 - 1 pm

Breastfeeding Your Baby/Returning to Work or School
Thu 4/7; 1 – 4:15 pm

Self-Compassion for Caregivers of Children & Teenagers
Thu 5/19; 12:10 - 1pm

STRESS MANAGEMENT

Reframe to Refresh: Why Our Thoughts Matter
Wed 2/16; 12:10 – 1:30 pm

Guided Meditation
Fri 4/15; 12:10 – 12:55 pm

Emotional Intelligence for the Workplace
Tue 5/17; noon – 12:50 pm

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