As we enter a season of renewal, Be Well at Work invites you to join us for a range of events that focus on cultivating and supporting your mental and physical well being. This spring, our offerings include healthy lifestyle programs, disability management and ergonomic classes, financial literacy and stress management workshops, and mindful movement opportunities, to nourish your whole self both at work and in your personal life. We look forward to seeing you this semester. Visit [uhs.berkeley.edu/bewellatwork](http://uhs.berkeley.edu/bewellatwork) to register today!

### HEALTH & WELLNESS

**Know Your Numbers Health Screening** ($10 fee)
- Fri 1/20 or Wed 1/25; 7:30 – 10 am, Appointments offered every 15 minutes

**I CAN: Commit to Activity and Nutrition**
- 6 Week Healthy Lifestyle Program, Thu 3/16 – Thu 4/20
  - Goal Setting: Nutrition and Beyond
    - Thu 3/9; 12:10 – 1 pm
  - Active at Work
    - Cardio Kickboxing
      - Fri 2/3, 4/21; 12:10 – 1 pm
    - Yoga for Tension & Stress Relief
      - Fri 3/10, 4/7; 12:10 – 1 pm

**Cook Well Berkeley**
- Tasty Tofu
  - Wed 2/8; 12:10 – 1 pm
- Spring Vegetables
  - Tue 3/14; 12:10 – 1 pm
- Plant-Based and Planet-Friendly
  - Tue 4/18; 12:10 – 1 pm

**Thriving Thursdays Webinar Series**
- The Science of Happiness
  - Thu 2/16; Noon – 1 pm
- A Guide to Reducing Cancer Risk
  - Thu 2/23; Noon – 1 pm
- Tackling Food Trends
  - Thu 3/2; Noon – 1 pm
- Humor for Health
  - Thu 3/9; Noon – 1 pm

### DISABILITY MANAGEMENT

**Disability Management: Navigating the Process**
- Wed 1/11 & Tue 1/18, 2/28, 4/25, & Wed 3/22, 5/18; noon – 1:30 pm
- Disability Management: Understanding the Process
  - Wed 1/18, 2/1, 4/19, 5/3 & Tue 3/14; 9 am – 12:30 pm
- Understanding the Process Part II: A Deeper Dive
  - Wed 2/26, 3/26, 4/26, & Thu 5/11; 9 – 12:30 pm

### ELDER CARE

**Difficult Conversations: Caring for a Loved One with Cognitive Loss**
- Thu 1/19; 12:10 – 1:30 pm
- The Benefits of Yoga Therapy for Neurodegenerative Conditions
  - Wed 4/5; 12:10 – 1:30 pm
- Financial Planning for Longterm Care
  - Thu 3/9; Noon – 1:30 pm
- Effective Communication Strategies in Dementia Care
  - Thu 4/27; 12:10 – 1:30 pm
- Grief Management for Caregivers
  - Tue 5/16; 12:10 – 1:30 pm

### STRESS MANAGEMENT

**Nurturing Love and Connection**
- Tue 2/20; Noon – 1 pm
**Strategies for Managing Depression**
- Thu 3/23; Noon – 1 pm
**Recognizing and Regulating Work Stress**
- Thu 5/9; Noon – 1 pm
**Guided Meditation**
- Thu 5/9; Noon – 1 pm

### FINANCIAL WELLNESS

**529 College Saving Plans**
- Wed 3/15; Noon – 1 pm
**Preparing for Retirement**
- Wed 3/15; 10 – 11 am
**The UC Retirement Process: Step by Step**
- Wed 3/15; Noon – 1 pm
**Create a Budget and Ditch Your Debt**
- Thu 4/20; Noon – 1 pm

### ERGONOMICS

**Computer Health Matters: Campus and Remote Workstations**
- Thu 2/23, & Tue 2/28, 4/25, & Wed 3/22, 5/24; 10 – 11 am
**Keyboards and Mice: Ergonomic Alternatives**
- Tue 3/8, & Wed 4/12, 5/10; 10 – 11 am
**Core Essentials for Better Posture**
- Tue 3/7, & Wed 5/17; 12:10 – 1 pm
**Everyday Ergonomics**
- Tue 2/28; 10 – 11 am
**Ergonomics for Managers and Supervisors**
- Thu 3/2; Noon – 11 am
**Back Talk**
- Wed 3/15; 12:10 – 1 pm
**Ergonomics Navigator Training**
- Wed 4/5; 10 – Noon

### PARENTING

**Planning Your Pregnancy Leave**
- Thu 2/9; 12:10 – 1 pm
**Empty Nest: Life Beyond Parenting**
- Thu 3/2; Noon – 1 pm
**Breema: The Freshness of Spring Water Comes From Its Flow**
- 4 Week Introduction to Breema Series, Wed 4/5 & 4/12; 12:10 – 1 pm
**Breastfeeding Your Baby/Returning to Work or School**
- Thu 4/6; 1 – 4:15 pm
**Transitioning Back After Baby Bonding Leave**
- Thu 4/13; Noon – 1 pm
**Understanding and Responding to Toddler Tantrums**
- Thu 5/4; Noon – 1 pm

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**PROGRAM DESCRIPTIONS AND ENROLLMENT**

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