

SPRING REFRESH!

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 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 [2/2](#); 12:10 – 1 pm

Active at Work**Cardio Kickboxing**

Fri [2/3](#), [4/21](#); 12:10 – 1 pm

Yoga for Tension & Stress Relief

Fri [2/10](#), [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 [2/14](#), [3/28](#) & Thu [5/18](#); noon – 1:30 pm

Disability Management: Understanding the Process

Wed [1/18](#), [2/1](#), [4/19](#), [5/3](#) & Tue [3/14](#); 9 - 12:30 pm

Understanding the Process Part II: A Deeper Dive

Wed [1/25](#), [2/8](#), [3/22](#), [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 [2/15](#); 12:10 – 1:30 pm

Financial Planning for Longterm Care

Thu [3/23](#); 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 [2/21](#); Noon – 1 pm

Strategies for Managing Depression

Tue [3/21](#); Noon - 1 pm

Recognizing and Regulating Work Stress

Tue [5/2](#); noon – 1 pm

Guided Meditation

Tue [5/9](#); Noon – 1 pm

FINANCIAL WELLNESS**529 College Saving Plans**

Wed [3/1](#); Noon – 1 pm

Preparing for Retirement

Wed [3/8](#); 11 – 1 pm

The UC Retirement Process: Step by Step

Wed [3/15](#); 11 – 1 pm

Create a Budget and Ditch Your Debt

Thu [4/20](#); Noon – 1 pm

ERGONOMICS**Computer Health Matters: Campus and Remote Workstations**

Thu [1/26](#), & Tue [2/28](#), [4/25](#), & Wed [3/22](#), [5/24](#); 10 – 11 am

Keyboards and Mice: Ergonomic Alternatives

Tue [1/31](#), & Wed [3/1](#), [4/12](#), [5/10](#); 10 – 11 am

Core Essentials for Better Posture

Tue [2/7](#), & Wed [5/17](#); 12:10 – 1 pm

Everyday Ergonomics

Tue [2/14](#); 10 – 11 am

Ergonomics for Managers and Supervisors

Thu [3/16](#); 10 - 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

Tue [3/7](#); Noon – 1 pm

Breema: The Freshness of Spring Water Comes From Its Flow

4 Week Introduction to Breema Series, [Wed 4/5 – 4/26](#); 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 – 1pm

**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.