MARK YOUR CALENDAR FOR THESE SPECIAL EVENTS:

**CAMPUS MEMORIAL EVENT**
Mon 9/18, noon–1pm, Campus Flagpole (west of California Hall)
Join members of the campus community at this annual event to remember faculty, staff, students, emeriti and retirees who died this past year. Please invite family and friends to attend. Co-sponsored with the Chancellor’s Office.

**BLOOD DRIVES**
Offered monthly at two locations
Blood drives sponsored by the American Red Cross are offered monthly on campus. Check the schedule and make an appointment online. The new Rapid Fast Pass can save about 15 minutes on the day of donation. uhs.berkeley.edu/blood-drives

**DROP-IN FLU CLINICS**
No appointment needed! Drop in at the Tang Center this fall and quickly get vaccinated in the dedicated line for faculty and staff $50 for faculty, staff, and community members. Dates and details available on uhs.berkeley.edu/flushots

**SIT. STAND. MOVE.**
Change it up every 20-30 minutes.
It’s a healthy combination!

**Breastfeeding Support Program**
- Lactation rooms on campus and breastfeeding classes. uhs.berkeley.edu/breastfeeding

**Career Resources**
- Several campus partners offer career resources for faculty and staff. hr.berkeley.edu/development/career-development

**Ergonomics**
- Worksite Evaluations in non-computer environments.
- Computer Ergonomics Matching Funds Program.
- Ergonomics Showroom - Call (877) 722-9090 for an appointment to try chairs, adjustable tables and keyboard trays. uhs.berkeley.edu/ergonomics

**Financial Wellness**
- Classes and resources to develop knowledge and skills for managing financial decisions. hr.berkeley.edu/compensation-benefits/benefits/resources/financial-planning

**Nutrition Programs**
- Updated! Cook Well Berkeley recipes. Ask the Dietitian email service.
- Eat Well Berkeley: Healthy Meeting & Event Guide, catering and vending. uhs.berkeley.edu/nutrition

**Smoking Cessation Services**
- California Smokers’ Helpline: 1.800.NO.BUTTS offers FREE telephone counseling, available in six languages. See webpage for more resources. uhs.berkeley.edu/smokingcessation

**Supervisors**
- Tools and resources to create a healthy work environment.
- Management consultations from Employee Assistance.
- Training: Disability Management; Creating a Safe and Healthy Workplace. uhs.berkeley.edu/bewellatwork/managers-supervisors

---

BERKELEY UNIVERSITY OF CALIFORNIA
Last year, we offered the Energize to Be Well Challenge, and it resulted in a 36% increase in those reporting high/very high energy at work. We’re now ready to energize Berkeley’s faculty and staff by bringing a 15-minute workshop into your department or work unit meeting. Participants will:

- Discover simple, daily practices to boost energy
- Have the opportunity to launch their own 6-week Energize Challenge in the department
- Learn about the services provided by Be Well at Work Faculty/Staff Health Programs

Request a workshop and learn more about Energize to Be Well: uhs.berkeley.edu/energize.

---

**HEALTH & WELLNESS**

**Know Your Numbers Health Screening ($10 fee)**  
Fri 9/15, 9/22 or Wed 9/20, 7:30–10am, Appts every 15 minutes.

**Healthy Holiday Challenge**  
Mon 11/6–Sun 12/17, 6-week Online Healthy Lifestyle Program

**Active @ Work**

- **Berkeley Walks! Walking Group**  
  Meets every MWF, 12:10pm at the Campanile

- **Dancing for Fun and Fitness**  
  Fri 9/8, 10/13, 11/3, 12/1, 12:10–1pm

- **First Steps to Functional Fitness**  
  Fri 10/6, 12:10–1pm

- **Get Fit in 7 Minutes**  
  Fri 11/17, 12:10–1pm

- **Keeping Fit During the Holidays**  
  Fri 12/8, 12:10–1pm

**Cook Well Berkeley Healthy Cooking Series**

- **7-Minute Veggies**  
  Tue 10/17, 12:10–1pm

- **Plant-Powered Meals**  
  Wed 11/1, 12:10–1pm

**Healthier Holiday Treats**  
Wed 12/6, 12:10–1pm

**Living Well Webinars (recorded)**

- **Strategies for Making Successful Lifestyle Changes**  
  See uhs.berkeley.edu/facstaff/wellness/calendar

**ERGONOMICS**

**Computer Health Matters: User-Friendly Workstations**  
Wed 8/30, 9/17, 10/25, 11/29, 8:30–9:30am

**Keyboards and Mice: Ergonomic Alternatives**  
Wed 8/30, 9/27, 10/25, 11/29, 9:45–10:45am

**Computer Workstation Evaluator Training**  
Wed 9/13 or 11/1, 8am–noon

**Core Essentials for Better Posture**  
Fri 9/29, 12/15, Thu 10/12, or Wed 11/15, 12:10–1:30pm

**Laptop and Mobile Ergonomics**  
Wed 10/18 or 12/8, 10–11am

**Back Talk: Less Stress on Your Back**  
Thu 10/19, 12:10–1:30pm

---

**ELDER CARE**

**Depression in Later Life**  
Wed 9/12, 12:10–1:30pm

**Legal Toolbox for Navigating a Loved One’s Care**  
Wed 10/11, 12:10–1:30pm

**Long Distance Caregiving**  
Wed 11/8, 12:10–1:30pm

**Lifting Your Spirits: Caring for the Caregiver**  
Tues 12/12, 12:10–1:30pm

---

**FINANCIAL WELLNESS**

**Identity Theft – How to Protect Yourself**  
Thu 9/21, 12:10–1:30pm

**UC Retirement Plan (UCRP): The Pension Plan**  
Tue 9/26, 12:10–2:10pm

**Managing Your Student Loan Debt**  
Thu 10/19, 12:10–1:30pm

**Buying Your First Home**  
Thu 11/14, 12:10–1:30pm

---

**PARENTING**

**Breastfeeding Your Baby / Returning to Work or School**  
Wed 9/27 or Thu 11/9, 1–4:15pm

**Planning Your Pregnancy Leave**  
Wed 10/12, 12:10–1:30pm

**Positive Parenting**  
Tue 10/24, 12:10–1:30pm

**Childcare Options on Campus and in the Community**  
Thu 12/7, 12:10–1:30pm

---

**STRESS MANAGEMENT**

**Life in Retirement**  
Wed 10/4, Time TBD

**Addressing Negative Self-Talk through Mindfulness**  
Wed 10/11, 12:10–1:30pm

**Relaxation Techniques for Stress Relief**  
Wed 10/25, 12:10–1pm

**Breema: Moving Meditation for Balance and Harmony**  
Thu 11/16, 12:10–1:30pm

---

**PROGRAM DESCRIPTIONS AND ENROLLMENT**

1. Go to uhs.berkeley.edu/bewellatwork/workshops.
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.