Employee Assistance and Elder Care 643-7754
Employee Assistance offers free, confidential short-term counseling, assessment and referrals for personal, family, work-related and elder or dependent adult concerns, and consultations for managers and supervisors experiencing workplace challenges, transitions, or concerns about the welfare of an employee.

Disability Management 643-7921
Disability Management provides employees and departments with a full range of disability-related assistance and consultation, including workers’ compensation, injury prevention, return-to-work, transitional work, reasonable accommodation, and departmental training.

Ergonomics 643-2540
Ergonomics promotes safe and healthy campus work environments through workshops, consultations, coordination of the departmental computer workstation evaluator network, development of design guidelines, and administration of the Computer Ergonomics Matching Funds Program.

Wellness 643-4646
Wellness, in partnership with several campus departments, strives to foster a healthy work environment and to provide tools and resources to enhance and support the health and well-being of faculty, staff and their families.

Occupational Health 642-6891
Occupational Health is a full-service occupational medicine program providing treatment for work-related injuries and illnesses, medical screenings and surveillance, immunization programs, and consultations for employee health-related issues.

Work/Life 642-7883
Work/Life identifies and recommends policies and benefits, and develops services and programs that enable faculty and staff to be productive members of the campus community while meeting personal and family obligations.

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
- Cook Well Berkeley recipes. Ask the Dietitian email service.
- Food and Beverage Choices Policy
  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.
- Training: Disability Management; Creating a Safe and Healthy Workplace.
  uhs.berkeley.edu/bewellatwork/managers-supervisors

SCHEDULE OF WORKSHOPS FOR FACULTY AND STAFF
uhs.berkeley.edu/bewellatwork/workshops

MARK YOUR CALENDAR FOR THESE SPECIAL EVENTS:

7TH ANNUAL FINANCIAL FAIR FOR PERSONAL FINANCE
March 15, 9am–1pm, Sutardja Dai Hall
The Financial Fair is an opportunity to meet with UC financial vendors, learn about campus resources, and attend workshops. To see workshops and participating vendors, please visit:
  uhs.berkeley.edu/financialfair

UC WALKS: CAL WALKS AT WORK DAY
Date TBD, 12–1pm
Join us for the annual, system-wide UC Walks event! UC faculty and staff are encouraged to commit to a 30-minute walk on this day. Visit the UC Walks: Cal Walks at Work page for information:
  uhs.berkeley.edu/calwalksatwork

BLOOD DRIVES ON CAMPUS
Offered monthly at two locations
Blood drives, sponsored by the American Red Cross, are offered monthly on campus. The new Rapid Fast Pass contributes 20 minutes to the day of donation. Check the schedule and make an appointment online.
  uhs.berkeley.edu/blood-drives

Change it up every 20–30 minutes.
It’s a healthy combination!

SIT. STAND. MOVE.

Berkeley UNIVERSITY health services Tang Center
Be Well at Work Employee Assistance and Elder Care offer counseling and consultation, referral services, and behavioral health workshops to the campus community. We are offering the following workshops to address work-related and personal stressors:

- Habits
- Psychology and Technology
- Sleep
- Reducing Caregiver Stress
- Life in Retirement

We invite you to attend a workshop or request a specific workshop that meets your department’s needs. If you would like to meet individually with a counselor, please call the EA department for an appointment. uhs.berkeley.edu/employee-assistance

HEALTH & WELLNESS

Know Your Numbers Health Screening ($10 fee)
Wed 1/24 or 1/31, 7:30–10am, Appointments every 15 minutes.

Energize to Be Well Challenge
6-week Online Program: Mon 2/12–Fri 3/23

I CAN! Commit to Activity and Nutrition
6-week Healthy Lifestyle Program: 3/27–5/1, 12:10–1pm

Active @ Work
- Berkeley Walks! Walking Group
  Meets every MWF, 12:10pm at the Campanile
- Dancing for Fun and Fitness
  Fri 2/9, 3/23, 4/6, 5/4; 12:10–1pm
- First Steps to Functional Fitness
  Fri 2/23; 12:10–1pm
- Get Fit in 7 Minutes
  Fri 3/16; 12:10–1pm
- Yoga for Tension and Stress Relief
  Fri 2/16, 3/9, 4/13; 12:10–1pm

Nutrition Workshops with Cook Well Berkeley Demo
- Eat Well to Energize
  Thu 2/15; 12:10–1pm
- Veggies in Disguise
  Tue 3/20; 12:10–1pm
- Must-Know Cooking Techniques
  Wed 5/2; 12:10–1pm

Living Well Webinars (recorded)
- Strategies for Making Successful Lifestyle Changes
  Prediabetes: Stop Sugar Coating It
  See uhs.berkeley.edu/facstaff/wellness/calendar

ELDER CARE

Memory Loss, Dementia, and Alzheimer’s Disease
Tue 2/13; 12:10–1:30pm

Reducing Caregiver Stress with Breema
Wed 3/7; 12:10–1:30pm

Caregiver Challenges: Roles and Responsibilities
Mon 4/16; 12:10–1:30pm

Helping Your Loved One to Remain at Home
Wed 5/2; 12:10–1:30pm

ERGONOMICS

Computer Health Matters: User-Friendly Workstations

Keyboards and Mice: Ergonomic Alternatives

Computer Workstation Evaluator Training
Wed 2/28, 5/9; 8am–noon

Core Essentials for Better Posture
Wed 1/24, Thu 2/22, 4/26, Tue 3/27, 6/26 or Fri 5/26, 7/27; 12:10–1:30pm

Laptop and Mobile Ergonomics
Wed 2/14, 4/4, 6/20; 10–11am

Back Talk: Less Stress on Your Back
Wed 4/11; 12:10–1:30pm

FINANCIAL WELLNESS

Buying Your First Home
Tue 1/30; 12:10–1:30pm

Borrowing Basics
Tue 2/6; 12:10–2:10pm

Navigating the System: Social Security Retirement
Thu 4/19; 12:10–1:30pm

Your UC Retirement System
Tue 5/1; 12:10–1:30pm

PARENTING

Creating a Successful Co-Parenting Relationship
Wed 2/28; 12:10–1:30pm

Planning Your Pregnancy Leave
Thu 3/22; 12:10–1:30pm

Living with Teens without Losing Your Mind
Thu 4/26; 12:10–1:30pm

STRESS MANAGEMENT

Habits: The Good, The Bad, and The Ugly
Wed 1/24; 12:10–1:30pm

Technology and Your Emotional Health
Wed 2/7; 12:10–1:30pm

Life in Retirement
Wed 2/28; 2–3pm

Sound Meditation for Sleep
Wed 3/14; 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.