HEALTH & WELLNESS
The Outdoors & Your Well-Being
Tue 9/15; 12:10-1pm
I CAN! Commit to Activity and Nutrition @Home
4-Week Healthy Lifestyle Program
Tuesdays and Thursdays, 12:10-1pm; Sept 22-Oct 15
Healthy Holiday Challenge
6-Week Online Program, Mon 11/9-Fri 12/18
Active @ Work
Dancing for Fun and Fitness
Fri 9/4, 10/2, 11/6, 12/4; 12:10-1pm
Yoga for Tension and Stress Relief
Fri 9/11, 10/9, 11/13, 12/11; 12:10-1pm
Dancing for Fun and Fitness: Hula/Tahitian
Fri 11/20; 12:10-1pm
Cook Well Berkeley Healthy Cooking Series
Recipes for Disaster Preparedness
Fri 10/16; 12:10-1pm
Flavors Around the World
Wed 11/4; 12:10-1pm
Healthier Holiday Treats
Tue 12/1; 12:10-1pm
Recorded Programs
Links for the following programs at uhs.berkeley.edu/wellnesscalendar
Leading a Healthy Lifestyle
Strategies for Making Successful Lifestyle Changes
Our Soil, Ourselves: How Your Health Connects to Soil

DISABLED MANAGEMENT
Disability Management: Understanding the Process
Thu 9/17 & Tue 10/27; 9am-12:30pm. For Managers & Supervisors only.
Understanding the Process Part II: A Deeper Dive
Wed 10/14 & 11/18; 9am-12:30pm. For Managers & Supervisors only.

ELDER CARE
Dementia: A Primer for Family Caregivers
Tue 9/22; 12:10-1:30pm
Essential Legal Planning
Mon 10/13; 12:10-1:30pm
Caregiver Grief: Losses Associated with Aging
Tue 11/10; 12:10-1:30pm

ERGONOMICS
Computer Health Matters: User-Friendly Workstations
Wed 9/16, 10/21, 11/18, 12/9; 9-9:40am
Keyboards and Mice: Ergonomic Alternatives
Wed 9/16, 10/21, 11/18, 12/9; 10-10:40am
Core Essentials for Better Posture
Wed 9/16; 12:10-1pm
Back Talk: Less Stress on Your Back
Thu 10/8; 12:10-12:55pm
Everyday Ergonomics
Wed 10/28; 10-10:40am

FINANCIAL WELLNESS
Starting Your Investment Portfolio
Tue 9/29; noon-1:30pm
Scarcity to Abundance: Personal Financial Empowerment for People of Color
Wed 10/28; noon-1:30pm
UC Retirement Plan (UCRP) - The Pension Plan
Tue 11/17; 10am-12:30pm
Saving for College
Wed 11/25; noon-1:30pm

PARENTING
Planning Your Pregnancy Leave
Thu 9/24; noon-1pm
Breastfeeding Your Baby/Returning to Work or School
Thu 10/1; 1-4:15pm
Demystifying the College Application Process
Wed 10/7; noon-1pm
Mindful Parenting
Tue 10/20; noon-1pm

STRESS MANAGEMENT
Habits: The Good, The Bad, and The Ugly
Wed 9/16; noon-1pm
Creating Healthy Sleep Practices
Thu 10/29; noon-1pm
Attitude of Gratitude
Thu 11/19; noon-1pm

SUPPORTING YOU VIRTUALLY
Be Well at Work has adapted its programs to be accessible, relevant, and sensitive to the unique circumstances created by the COVID-19 pandemic. Whether working from home or on campus, we recognize that faculty and staff have been significantly impacted, all while supporting the needs of family, students, and colleagues.

This Fall, Be Well at Work workshops will be offered virtually and designed to help you manage these stressors, increase your resilience and foster your well-being.