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.

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 can save about 15 minutes on the day of donation. Check the schedule and make an appointment online: uhs.berkeley.edu/blood-drives

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

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

SUN. MON. TUES. WED. THURS. FRI. SAT. 20 8 2
Be Well at Work uhs.berkeley.edu/activitybreaks

Be Well at Work: Faculty/Staff Health Programs
**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, 3/9, 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**
Tue 1/23, Wed 1/24, 3/28, 4/18, 5/18, 6/26, 7/25; 8:30–9:30am

**Keyboards and Mice: Ergonomic Alternatives**
Tue 1/23, Wed 1/24, 3/28, 4/18, 5/18, 6/27, 7/27; 9:45–10:45am

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

**Core Essentials for Better Posture**
Wed 2/24, Thu 2/22, 4/26, Tue 3/27, 6/26 or Fri 5/25, 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 3/21; 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 2/4; 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