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 642-8659
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

Healthy Department Certification Program
- Recognizing and creating a sustainable healthy workplace community.
  uhs.berkeley.edu/hdc

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
- Ask the Dietitian.
- 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.
- Management consultations from Employee Assistance.
  uhs.berkeley.edu/bewellatwork/managers-supervisors

UC Berkeley Diabetes Prevention Program
Wed 1/29 – Wed 11/18, 10–11 am, Tang Education Center
Campus-based, small-group program that uses a scientifically based approach developed by the Centers for Disease Control and Prevention (CDC) to help you make important lifestyle changes designed to decrease your risk of developing type 2 diabetes.

Learn more at uhs.berkeley.edu/dpp

MARK YOUR CALENDAR FOR THESE SPECIAL EVENTS:

ANNUAL FINANCIAL FAIR FOR PERSONAL FINANCE
Thursday, March 19, 9 am – 1 pm, Sutardja Hall
The Financial Fair is an opportunity to meet with UC financial vendors, learn about campus resources, and attend workshops. For a schedule of workshops and list of participating vendors, please visit: uhs.berkeley.edu/financialfair

UC WALKS: CAL WALKS AT WORK DAY
Friday, June 12, 12:10 – 1 pm, Memorial Glade
Save the Date! Join us for the 11th 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. 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

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

UC Berkeley
Diabetes Prevention Program
Because It Works
Campus-based, small-group program that uses a scientifically based approach developed by the Centers for Disease Control and Prevention (CDC) to help you make important lifestyle changes designed to decrease your risk of developing type 2 diabetes.

Learn more at uhs.berkeley.edu/dpp
SUSTAIN YOUR WELL-BEING

Learning about healthy behaviors is often easier than sustaining them. Join Be Well at Work this semester for workshops which focus on incorporating realistic and practical habits, planning ahead for better lasting results, and contributing to the sustainability of our planet for better overall physical, environmental, and mental health.

Look for the leaf symbol below to find workshops to help sustain your well-being.

HEALTH & WELLNESS

Know Your Numbers Health Screening ($10 fee)
Wed 1/22, or Fri 1/24, 1/31; 7:30-10am, Appointments offered every 15 minutes

I CAN! Commit to Activity and Nutrition
5-Week Healthy Lifestyle Program, Thu 4/2-4/30; 12:10-1pm

Active @ Work
Berkeley Walks! Walking Group
Meets every MWF, 12:10pm at the Campanile

Dancing for Fun and Fitness
Fri 2/7, 3/7, 4/7; 12:10-1pm

Yoga for Tension and Stress Relief
Fri 2/7, 3/20, 4/3; 12:10-1pm

Get Fit in 7 Minutes
Fri 3/6; 12:10-1pm

Cook Well Berkeley Healthy Cooking Series
Affordable but Forgotten Foods
Tue 2/25; 12:10-1pm

Don’t Toss That! Creative Uses for Food Scraps
Wed 3/11; 12:10-1pm

Seasonal and Local Veggies
Wed 4/22; 12:10-1pm

Our Soil, Ourselves: How Your Health Connects to Soil (Live Webinar)
Wed 2/12; 12-1pm

Living Well Webinars (recorded)
Strategies for Making Successful Lifestyle Changes
Leading a Healthy Lifestyle
See uhs.berkeley.edu/facstaff/wellness/calendar

ERGONOMICS

Computer Health Matters: User-Friendly Workstations
Tue 2/14, 3/24, or Wed 4/29, 5/27, 6/24, 7/22; 9-10am

Keyboards and Mice: Ergonomic Alternatives
Tue 2/14, 3/24, or Wed 4/29, 5/27, 6/24, 7/22; 10:10-11am

Back Talk: Less Stress on Your Back
Wed 3/11; 12:10-1:30pm

Computer Workstation Evaluator Training
Wed 2/12 or 5/13; 8am-noon

FINANCIAL WELLNESS

Socially Responsible Investing for Retirement
Thu 2/13; 12:10-1:30pm

UC Berkeley Financial Fair
Thu 3/19; 9am-1pm

Credit Cards, Home Loans, and Home Equity Lines: The Basics
Thu 4/23; 12:10-1:30pm

Maximizing Social Security in Retirement
Tue 5/12; 12:10-1:30pm

PARENTING

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

Nurturing Your Children’s Relationship to the Natural World
Wed 4/1; 12:10-1:30pm

Breastfeeding Your Baby/Returning to Work or School
Thu 4/2; 1:45pm

Services for Children with Developmental Delays, Special Health Care Needs, & Disabilities
Thu 4/16; 12:10-1:30pm

Transitioning Back After Baby Bonding Leave
Wed 6/3; 12:10-1:30pm

STRESS MANAGEMENT

Relaxing Sound Meditation
Thu 2/20 & 5/28; 12:10-1:30pm

Creating and Sustaining Your Mindfulness Practice
Thu 3/5; 12:10-1:30pm

Setting and Enforcing Healthy Limits
Wed 4/15; 12:10-1:30pm

Climate Change: Navigating the Emotional Impact
Thu 5/7; 12:10-1:30pm