Employee Assistance and Elder Care 643-7754

Employee Assistance (formerly known as CARE Services) 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 Services 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 Program (formerly known as Health*Matters), 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.

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

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! $30 for faculty, staff, and community members. Dates and details available on uhs.berkeley.edu/flushots

Be Well at Work Fall 2017
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 8/30, 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 11/3, 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
Leading a Healthy Lifestyle
See uhs.berkeley.edu/facstaff/wellness/calendar

ELDER CARE

Depression in Later Life
Wed 9/27; 12:10–1:30pm

Legal Toolbox for Navigating a Loved One's Care
Wed 10/4; 12:10–1:30pm

Long Distance Caregiving
Wed 10/25; 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; 12:10–1:30pm

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

Buying Your First Home
Tue 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
Thu 10/5; 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 10/14; Time TBD

Addressing Negative Self-Talk through Mindfulness
Wed 10/25; 12:10–1:30pm

Relaxation Techniques for Stress Relief
Wed 10/30; 12:10–1pm

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

**Energize to Be Well**

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.