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.

FALL 2019

MARK YOUR CALENDAR FOR THESE SPECIAL EVENTS:

CAMPUSS MEMORIAL EVENT
Mon 9/9, 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. Dates and details available on uhs.berkeley.edu/blood-drives

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 community/non-SHIP members (adults only). Dates and details available on uhs.berkeley.edu/flushots

SCHEDULE OF WORKSHOPS FOR FACULTY AND STAFF
uh5.berkeley.edu/bewellatwork/workshops

R.A.D. Self Defense for Women
Fri 11/15 and 11/22; 8:30am-1pm, Tang Ed Center
R.A.D. for Women is a 9 hour comprehensive, women* and femmes course that begins with risk awareness and progresses to the basics of hands-on defense training.

Fees: $10 with UCB ID
Participants must attend both sessions.

*We welcome all UC Berkeley affiliates and community members who experience life through the lens of (wo)man in body, spirit, identity - past, present, future, and fluid.
SELF-CARE

As we juggle the complexities of work and personal life, we often overlook the importance of self-care and the many health benefits it can provide to our overall well-being. Join Be Well at Work this semester for a number of reflective, interactive, and practical workshops which highlight ways for you to prioritize your physical, emotional, intellectual, and spiritual well-being.

Look for the 🌺 below to find self-care focused workshops for your better well-being.

HEALTH & WELLNESS

Know Your Numbers Health Screening ($10 fee)
Wed 9/18 or Fri 9/20, 7:30-10am. Appointments offered every 15 minutes.

Walk the World 🌺
Mon 10/7 – Fri 11/1, 4-week partner-based physical activity adventure

Healthy Holiday Challenge 🌺
6-Week Online Program, Tue 11/12-Fri 12/20

Wellness/Ergonomic Tips for Self-Care at Work 🌺
Tue 10/22, 12:10-1pm

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

Dancing for Fun and Fitness
Fri 9/6, 10/4, 11/1, 12/6, 12:10-1pm

Yoga for Tension and Stress Relief 🌺
Fri 9/13, 10/11, 11/18, 12:10-1pm

Get Fit in 7 Minutes
Fri 11/15, 12:10-1pm

Cook Well Berkeley Healthy Cooking Series
Spices Around the World
Wed 10/23, 12:10-1pm

Plant-Based and Planet-Friendly
Tue 11/19, 12:10-1pm

Healthier Holiday Treats
Thu 12/5, 12:10-1pm

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

ERGONOMICS

Computer Health Matters: User-Friendly Workstations
Wed 8/28, 9/25, 10/23, 11/11 or Tue 12/10, 9:10am

Keyboards and Mice: Ergonomic Alternatives
Wed 8/28, 9/25, 10/23, 12/11 or Tue 12/10, 10:10-11am

Back Talk: Less Stress on Your Back 🌺
Thu 10/24, 12:10-1:30pm

Computer Workstation Evaluator Training
Tue 9/24 or Thu 11/14, 8am-noon

Align Yourself for Better Health 🌺
Thu 10/17, 12:10-1pm

FINANCIAL WELLNESS

Saving for College
Thu 9/26, 12:10-1:30pm

Investing in the UC Retirement Savings Program
Tue 10/15, 12:10-1:30pm

Personal Investment & Your Financial Future 🌺
Thu 11/7, 12:10-1:30pm

Home Buying: What You Need to Know
Wed 12/11, 12:10-1:30pm

PARENTING

Planning Your Pregnancy Leave
Thu 9/5, 12:10-1:30pm

Breastfeeding Your Baby/Returning to Work or School
Wed 10/2, 1-4:15pm

Healing the Impact of Bullying
Thu 10/10, 12:10-1:30pm

Transitioning Back After Baby Bonding Leave 🌺
Wed 11/6, 12:10-2pm

Self-Care for Stressed Out Parents 🌺
Thu 11/14, 12:10-1:30pm

STRESS MANAGEMENT

Relaxing Sound Meditation 🌺
Wed 9/25 & Thu 12/12, 12:10-1:30pm

Introduction to Mindful Literacy 🌺
Mon 10/7, 12:10-1:30pm

Guided Mindfulness Meditation 🌺
Thu 11/21, 12:10-1:15pm

Strategies to Sharpen Your Focus 🌺
Tue 12/3, 12:10-1:30pm

DISABILITY MANAGEMENT

Disability Management: Understanding the Process
Tue 9/10 & 11/12, 8:30am-noon. For Managers & Supervisors only.

Understanding the Process Part II: A Deeper Dive
Wed 10/2 & Tue 12/10, 8:30am-noon. For Managers & Supervisors only.

ELDER CARE

Effective Communication Strategies
Tue 10/1, 12:10-1:30pm

Decreasing Isolation and Loneliness Among Seniors
Wed 10/16, 12:10-1:30pm

Grief, Loss & the Healing Process During the Holidays
Tue 11/5, 12:10-1:30pm

Caring for the Caregiver 🌺
Wed 12/4, 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.