

WORKSHOPS AND RESOURCES

FOR FACULTY AND STAFF

SUPPORTING YOU VIRTUALLY

Be Well at Work has adapted our 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.



Be Well at Work

Faculty/Staff Health Programs

Disability Management · Elder Care · Employee Assistance
Ergonomics · Occupational Health · Wellness · Work/Life

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

DISABILITY 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](#) & [12/2](#); 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 [10/12](#); 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 [9/30](#); 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 [11/3](#); 10am-12:30pm

Saving for College

Tue [11/17](#); 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



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.