BALANCING TECHNOLOGY

Technology is always around us. From smart devices to social media platforms, most of us are constantly digitally connected. While our ever-changing technology has its benefits, there are also risks. This semester, Be Well at Work can help you find a tech/life balance. You can learn about the potential risks of technology, healthy technology habits, and ways to reconnect with others and yourself.

Look for this symbol below to find technology-themed workshops, a keynote presentation, a challenge, and more.

HEALTH & WELLNESS

Know Your Numbers Health Screening ($10 fee)
Fri 1/25 or 2/1; 7:30 – 10am, Appointments offered every 15 minutes.

Balancing Technology Challenge
4-week Online Program: Mon 2/25 – Sun 3/24

Cell Phones, Cell Towers, and Wireless Safety
Wed 2/27; 12:10 – 1:30pm

Creativity and Your Health
Wed 3/20; 12:10 – 1pm

I CAN! Commit to Activity and Nutrition
6-Week Healthy Lifestyle Program Tue 3/26 – Tue 4/30, 12:10 – 1pm

Active @ Work

Berkeley Walks! Walking Group
Meets every MWF, 12:10am at the Campanile

Dancing for Fun and Fitness
Wed 2/27; 12:10 – 1:30pm

Yoga for Tension and Stress Relief
Fri 2/21, 3/8, 4/12, 5/3; 12:10 – 1pm

Nutrition Workshops with Cook Well Berkeley Demo
Make-Ahead Meals
Tue 2/12; 12:10 – 1pm

Rustic Meals for Camping, Cookouts, or Home
Tue 3/19; 12:10 – 1pm

Spring Seasonal Veggies
Wed 4/17; 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

Conversations about Dementia
Wed 2/13; 12:10 – 1:30pm

Using Smart Phones to Reduce Caregiver Stress
Wed 3/13; 12:10 – 1:30pm

Hoarding: How to Help a Loved One
Wed 4/10; 12:10 – 1:30pm

Long Distance Caregiving
Wed 5/1; 12:10 – 1:30pm

FINANCIAL WELLNESS

Saving For Your Child’s Education
Thu 2/21; 12:10 – 1:30pm

Borrowing Basics
Wed 4/3; 12:10 – 1:30pm

Fundamentals of Retirement Income Planning
Tue 4/23; 12:10 – 1:30pm

PARENTING

Reclaiming Childhood in a Digital Age
Wed 2/6; 12:10 – 1:30pm

Planning Your Pregnancy Leave
Thu 2/14; 12:10 – 1:30pm

The Power of Play: Reducing Conflict & Building Connections
Wed 3/6; 12:10 – 1:30pm

Breastfeeding Your Baby/Returning to Work or School
Thu 4/4; 1 - 4:15pm

Communication Skills to Support Your Quiet Teen
Wed 5/8; 12:10 – 1:30pm

STRESS MANAGEMENT

Life in Retirement
Wed 2/20; 2 – 3pm

Ecotherapy: Healing Through Nature
Thu 3/4; 12:10 – 1:30pm

Identifying Unhealthy Relationships
Thu 4/11; 12:10 – 1:30pm

Habits: The Good, The Bad, and The Ugly
Wed 5/29; 12:10 – 1:30pm

DISABILITY MANAGEMENT

Disability Management: Understanding the Process
For Managers and Supervisors
Tue 4/29; 8:30 am – noon

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.
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

Career Resources
- Several campus partners offer career resources for faculty and staff.
  hr.berkeley.edu/development/career-development

Ergonomics
- Worksite Evaluations in non-computer environments.
- Computer Ergonomics Matching Funds Program.
- Ergonomics Showroom - Call (877) 732-9090 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
- Cook Well Berkeley recipes. Ask the Dietitian email service.
- 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

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

MARK YOUR CALENDAR FOR THESE SPECIAL EVENTS:

8TH ANNUAL FINANCIAL FAIR FOR PERSONAL FINANCE
Thursday, March 7th, 9 am – 1 pm, Sutardja Dai 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, 6/14, 12:10 – 1 pm, Memorial Glade
Save the Date! Join us for the 10th 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/ucwalksatwork

R.A.D. SELF DEFENSE FOR WOMEN
Fri 5/31 and 6/7, 8:30 am – 1 pm, Tang Education 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. $10 fee. 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.

SPRING 2019

Healthy Department Certification
Fostering a Healthy Workplace. One department at a time! Spring applications open March 1 at uhs.berkeley.edu/hdc