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 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, 11/8; 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

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; 12:10-3pm
Decreasing Isolation and Loneliness Among Seniors Wed 10/16; 12:10-3pm
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

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

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 12/5; 12:10-1:30pm

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.

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.