A new start. A new year.
Making the best of every moment.

It is the start of the 2021 Spring semester and for many a new beginning and a more hopeful future. When you look back on this past year, practice some self-compassion by recognizing your adaptability, resiliency, and efforts to re-imagining your work, home life and ways to support your own well-being.

Through it all, whether you joined a support group for caregivers, practiced more mindfulness, improved your sleep habits, or explored a new recipe; Be Well at Work supported you on the journey and will remain committed to cultivating and sustaining your well-being.

### Health & Wellness

**Restorative Yoga for Mind & Body Resilience**
Thu 2/4; 12:10-1pm

**Dancing for Fun and Fitness**
Fri 2/5, 3/5; 12:10-12:40pm

**Yoga for Tension and Stress Relief**
Fri 3/12; 12:10-1:40pm

**Cook Well Berkeley**

- **Cooking on a Budget**
  Thu 2/4; 12:10-1pm

- **Spring Veggies to Cook and Grow**
  Tue 3/9; 12:10-1pm

- **Brunch at Home**
  Wed 4/8; 12:10-1pm

**Creativity and Your Well-Being Series**

- **Upcycling T-shirts**
  Wed 2/3; 12:10-1pm

- **Easy Canvas Crafts**
  Tue 4/20; 12:10-1pm

- **DIY Household Goods**
  Wed 5/5; 12:10-1pm

**Living Well Webinars (recorded)**

Webinar links at [uhs.berkeley.edu/wellnesscalendar](http://uhs.berkeley.edu/wellnesscalendar)

- **Leading a Healthy Lifestyle**
- **Strategies for Making Healthy Lifestyle Changes**
- **Our Soil, Ourselves: How Your Health Connects to Soil**

### Disability Management

**Disability Management: Navigating the Process**
Wed 2/3 & 4/7; noon–1pm (Open to All)

**Disability Management: Understanding the Process**
Wed 2/17; 3/17, 4/14 & 5/6, 9am–12:30pm (For Managers & Supervisors)

**Understanding the Process Part II: A Deeper Dive**
Wed 2/24, 3/24, & 5/6, 9am–12:30pm (For Managers & Supervisors)

### Elder Care

**The Emotional Aspects of Caregiving**
Tue 2/2; 12:10–1:30pm

**Financial Planning Options for Long Term Care**
Wed 2/10; 12:10–1:30pm

**Helping an Elder Remain at Home Safely**
Wed 3/10; 12:10–1:30pm

**Communication and Dementia**
Tue 4/13; 12:10–1:30pm

**Who Will Care for Me?**
Wed 5/19; 12:10–1:30pm

### Ergonomics

**Computer Health Matters: User-Friendly Workstations**

**Keyboards and Mice: Ergonomic Alternatives**

**Core Essentials for Better Posture**
Thu 2/4 & Thu 4/22; 12:10–1:10pm

**Back Talk: Less Stress on Your Back**
Thu 3/4; 12:10–1:10pm

**Everyday Ergonomics**
Tue 3/16; 10–11am

### Financial Wellness

**Fundamentals of Retirement Income Planning**
Thu 1/28; noon–1pm

**Planning Today for Your Tomorrow**
Thu 2/18; 12:10–1pm

**Women and Investing: Organize, Plan, Own Your Future**
Thu 4/15; noon–1pm

### Parenting

**Self-Care for Caregivers of Children & Teenagers**
Thu 2/11; 12:10–1pm

**Understanding & Responding to Toddler Tantrums**
Thu 3/11; noon–1pm

**Planning Your Pregnancy Leave**
Thu 3/25; 12:10–1pm

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

**Curious Children, Wise Elders**
Tue, 4/6; noon–1pm

### Stress Management

**Habits: The Good, The Bad, and The Ugly**
Mon 3/22; 12:10–1pm

**Centering Down: Body-Based Practices for Rest and Resilience for BIPOC**
Tue 5/11; noon–1pm

**Mindful Moments**
Every Wed 12/22/20–2/16/21; 1–1:15pm

**Strategies to Sharpen Your Focus**
Tue 3/30; 12:10–1pm

**Guided Meditation**
Wed 4/27; 12:10–1pm

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**Program Descriptions and Enrollment**

1. Go to [uhs.berkeley.edu/bewellatwork/workshops](http://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.

Note: Please register on the UC Learning Center for Zoom details.