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, 4/2, 5/7; 12:10-1pm

Yoga for Tension and Stress Relief  
Fri 3/12, 4/9, 5/14; 12:10-1pm

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 4/28; 12:10-1pm

Creativity and Your Well-Being Series  
Upcycling T-shirts  
Wed 2/4; 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  
Leading a Healthy Lifestyle  
Our Soil, Ourselves: How Your Health Connects to Soil

**ERGONOMICS**

Computer Health Matters: User-Friendly Workstations  

Keyboards and Mice: Ergonomic Alternatives  

Core Essentials for Better Posture  
Wed 3/4 & Thu 4/22; 12:10-1pm

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

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  
Tue 3/30; 12:10-1pm

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 1/25; 12:10-1pm

Centering Down: Body-Based Practices for Rest and Resilience for BIPOC  
Date currently being rescheduled; noon-1pm

Mindful Moments  
Every Wed 12/21-2/19/21; 1-1.15pm

Strategies to Sharpen Your Focus  
Tue 3/9; 12:10-1pm

Guided Meditation  
Wed 4/7; 12:10-1pm

**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.

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