CARE Services and Elder Care Program 643-7754
CARE Services offers free, confidential short-term counseling, assessment and referrals for personal, family and work-related concerns, as well as for those caring for an elder or dependent adult. CARE Services also provides consultation to managers and supervisors experiencing workplace challenges, transitions, or concerns about the welfare of an employee.

Disability Management Services 643-7921
Disability Management Services 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@Work 643-2540
Ergonomics@Work promotes ergonomics in campus work environments through workshops, consultation, coordination of the campus network of departmental computer workstation evaluators, and the Computer Ergonomics Matching Funds Program.

Health*Matters 643-4646
Health*Matters Wellness Program, 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 Clinic 642-6891
The Occupational Health Clinic 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 642-7883
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.

uhs.berkeley.edu/facstaff/programs
UHS FACULTY AND STAFF HEALTH PROGRAMS

SCHEDULE OF WORKSHOPS FOR FACULTY AND STAFF
uhs.berkeley.edu/facstaff/programs

MARK YOUR CALENDAR FOR THESE SPECIAL EVENTS & PROGRAMS:

5th ANNUAL FINANCIAL FAIR FOR PERSONAL FINANCE
Thursday, March 17, 10am-2pm, Alumni House
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/facstaff/financialfair.shtml

UC WALKS: Cal Walks @ Work Day
Friday, June 17, in partnership with Staff Appreciation Week, 12:10-1pm
Join us for the 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 more information: uhs.berkeley.edu/calwalksatwork

WorkFit: Staying Fit at Work
Monday, January 4 – Friday, April 29
WorkFit, a mobile fitness program for faculty and staff managed by Recreational Sports, offers nearly 50 classes in buildings across campus. Certified fitness instructors lead circuit training, yoga, Zumba and more. Unlimited classes $50 (16 weeks) or $20 (8 weeks). recsports.berkeley.edu/fitness-wellness/workfit

Breastfeeding Support Program
• Lactation rooms on campus, breast pump products, breastfeeding classes.
• Accessible to all faculty, staff, and students. uhs.berkeley.edu/breastfeeding

Career Resources
• Several campus partners offer career resources for faculty/staff. uhs.berkeley.edu/facstaff/careercounseling.shtml
hrweb.berkeley.edu/learning/career-development

Ergonomics@Work Program
• Worksite Evaluations in non-computer environments.
• CtrlWORK Stretch Break Software – free break reminder program.
• Computer Ergonomics Matching Funds Program.
• Ergonomics Showroom - Call (877) 722-9090 for an appointment to try chairs, adjustable tables and keyboard trays. uhs.berkeley.edu/facstaff/ergonomics

Nutrition Programs
• UC Berkeley Healthy Meeting & Event Guide.
• Healthier choices – Eat Well Berkeley caterers, restaurants and vending.
• Hungry for new recipes – Cook Well Berkeley! uhs.berkeley.edu/nutrition

Smoking Cessation Services
• FREE telephone counseling, available in six languages. California Smokers’ Helpline: 1.800.NO.BUTTS
• Links to free apps, text messaging programs, and resources. uhs.berkeley.edu/smokingcessation

Supervisors
• Tools and resources to create a healthy work environment.
• Management consultations from CARE Services.
• KEYS Training: Disability Management and Creating a Safe and Healthy Workplace: uhs.berkeley.edu/facstaff/supervisingtools.shtml
HEALTH & WELLNESS

Know Your Numbers Health Screening ($10 fee)
Wed 1/27, 2/3, or Fri 1/29, 2/5, 7:30–10am, Various locations on campus.

Leading a Healthy Lifestyle – Live Webinar
Wed 2/10 or Feb 2/12; 12:10–12:50pm

I CAN! Commit to Activity and Nutrition
4-Week Healthy Lifestyle Program in April; 12:10–1pm
Nutrition and hands-on cooking classes, and grocery tour (days vary)
Group fitness training (Thursdays)

Active @ Work
Dancing for Fun and Fitness
Fri 2/12, 3/4, 4/8, or 5/20; 12:10–1pm

First Steps into Functional Fitness
Fri 2/19 or 3/11; 12:10–1pm

Resistance Band Exercises In Small Spaces
Fri 3/26; 12:10–1pm

Walk to 5k Workshop
Thu 3/31 or Tue 5/3; 12:10–1pm

Berkeley Walks! Walking Group
Meets every MWF; 12:10pm at the Campanile

Cook Well Berkeley Healthy Cooking Series
Freezer Friendly Meals
Wed 2/17; 12:10–1pm

Savory Meals and Snacks to Reduce Sugar Cravings
Tue 3/8; 12:10–1pm

Spring Salads and Vegetables
Wed 4/13; 12:10–1pm

Living Well Webinars (recorded)
Sugar Savvy
Strategies for Making Successful Lifestyle Changes
Nutrition Essentials for Healthy Living
See uhs.berkeley.edu/facstaff/programs/wellness.shtml

DISABILITY MANAGEMENT

Workers’ Compensation Benefits Procedure
(For benefits coordinators and payroll representatives)
Wed 4/6; 8:30am–12pm

ELDER CARE

Facing Death
Thu 2/11; 12:10–1:30pm

Understanding and Responding to Dementia-Related Behavior
Wed 3/30; 12:10–1:30pm

Caring for the Caregiver
Wed 4/20; 12:10–1:30pm

Planning for Elder Care
Wed 5/6; 12:10–1:30pm

FINANCIAL WELLNESS

Financial Planning: Working with a Financial Planner
Tue 1/26; 12:10–1:30pm

Buying Your First Home
Wed 2/3; 12:10–1:30pm

Understanding and Improving Your Credit Score
Wed 3/30; 12:10–1:30pm

Investing in Stocks, Bonds, and Mutual Funds
Wed 4/20; 12:10–1:30pm

PARENTING

Breastfeeding Your Baby/Returning to Work or School
Mon 2/8 or Thu 4/7; 1:30–4:30pm

Parenting Teens toward Independence: Healthy Boundaries with Room to Grow
Tue 3/7; 12:10–1:30pm

Planning Your Pregnancy Leave
Wed 3/15; 12:10–1:30pm

Support Systems for Parents of Children with Developmental Concerns
Wed 4/6; 12:10–1:30pm

STRESS MANAGEMENT

How We Make Decisions: The Neuroscience of Decision Making
Wed 1/27; 12:10–1:30pm

Emotional Readiness for Retirement
Wed 2/10; 3:30–4:30pm

The Psychology of Technology
Thu 3/3; 12:10–1:30pm

Resilience and Renewal
Wed 4/27; 9am–12pm