University Health Services (UHS) is pleased to share the news about a name change for our Faculty/Staff Health Programs to Be Well at Work -- Faculty/Staff Health Programs! This change unifies our faculty/staff services under a name that better illuminates our collaboration in supporting health and wellness at work.

To kick off our collaboration this fall, we are offering specific workshops, classes, and a 6-week challenge under the theme Energize to Be Well. These programs, identified with a † below, are designed to help you feel renewed, energized, and engaged at work and at home.

HEALTH & WELLNESS

Know Your Numbers Health Screening ($10 fee)
Wed 9/14, 9/21, or Fri 9/23; 7:30–10am, Apppts every 15 minutes.

Osteoporosis: Know Your Risk
Fri 9/16; 12:10–1pm

Energize to Be Well Panel Presentation
Tue 9/27; 12:10–1pm

Six-week Online Challenge
Mon 10/10–Fri 11/18

Active @ Work
First Steps into Functional Fitness
Fri 10/4; 12:10–1pm

Walking for Energy
Thu 10/10, 10/27, 11/3, 11/10; 12:10–1pm

Stretching for Improved Energy
Fri 10/28; 12:10–1pm

Get Fit in 7 Minutes
Fri 11/8; 12:10–1pm

Dancing for Fun and Fitness
Fri 9/9, 10/7, 11/4, 12/2; 12:10–1pm

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

Cook Well Berkeley Healthy Cooking Series
Meals to Boost Energy
Wed 10/5; 12:10–1pm

Fall/Winter Seasonal Vegetables
Tue 11/15; 12:10–1pm

Healthier Holiday Treats
Wed 12/7; 12:10–1pm

Maintain Don’t Gain: Healthy Holiday Challenge
Mon 11/21–Fri 11/27, 6-week Online Healthy Lifestyle Program

FINANCIAL WELLNESS

Making Smart Financial Decisions
Wed 9/21; 12:10–1:30pm

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

Financial First Aid
Wed 11/16; 12:10–1:30pm

UC Retirement Plan (UCRP): The Pension Plan
Thu 11/18; 5:30pm

PARENTING

Planning Your Pregnancy Leave
Thu 9/15; 12:10–1:30pm

Breastfeeding Your Baby/Returning to Work or School
Mon 9/19 or Thu 11/3; 1–4:15pm

Positive Parenting: What Great Parents Do
Thu 10/20; 12:10–1:30pm

Helping Children Establish and Maintain Healthy Relationships
Thu 11/1; 12:10–1:30pm

STRESS MANAGEMENT

Mindful Awareness Practices (MAPs)
Thu 8/25, 9/1–9/29; 5:30–7:30pm; 6-week fee-based series

Happiness in Retirement
Wed 9/14; 2:30pm

Sleep and Your Emotional Health
Tue 10/4; 12:10–1:30pm

Anxiety and Decision Making
Thu 11/3; 12:10–1:30pm

Emotional Intelligence
Wed 11/9; 12:10–1:30pm

Stress Management During the Holidays
Thu 12/1; 12:10–1:30pm

ERGONOMICS

Computer Health Matters: User Friendly Workstations
Wed 8/24, 9/28, 10/26, 11/16 or 12/14; 8:30–9:30am

Keyboards and Mice: Ergonomic Alternatives
Wed 8/24, 9/28, 10/26, 11/16 or 12/14; 9:45–10:45am

Core Essentials for Better Posture
Thu 9/22 or Tue 10/18, 11/22 or 12/20; 12:10–1:30pm

Back Talk: Less Stress on Your Back
Thu 9/29; 12:10–1:30pm

Computer Workstation Evaluator Training
Wed 9/7 or 11/2; 8am–noon

Laptop and Mobile Ergonomics
Tue 9/13 or Thu 11/10; noon–1pm

ELDER CARE

Qigong for Caregivers
Wed 9/28; 12:10–3:00pm

Reliable Senior Resources
Wed 10/26; 12:10–3:00pm

Long Distance Caregiving
Wed 11/16; 12:10–3:00pm

Memory Loss, Dementia and Alzheimer’s Disease
Thu 12/8; 12:10–3:00pm

DISABILITY MANAGEMENT

Workers’ Compensation Benefits Procedure
(For benefits coordinators and payroll representatives)
Wed 10/5; 8:30am–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.
Be Well at Work
Faculty/Staff Health Programs
Disability Management · Elder Care · Employee Assistance
Ergonomics · Occupational Health · Wellness · Work/Life

FALL 2016

MARK YOUR CALENDAR FOR THESE SPECIAL EVENTS:

CAMPUS MEMORIAL EVENT
Monday, Sept 12, noon–1pm, Campus Flagpole (west of California Hall)
Join members of the campus community at this annual event to remember faculty, staff, students, emeriti and retirees who died this past year. Please invite family and friends to attend. Co-sponsored with the Chancellor’s Office.

CAL FOR THE CURE: WALK FOR CANCER AWARENESS
Wednesday, Oct 12, 12–1pm, Campanile
Please join us for this annual campus walk to raise awareness and support for campus members who have been touched by breast cancer and all types of cancer. Related campus event: Cal Football Breast Cancer Awareness Day.
uhs.berkeley.edu/calforcure

BLOOD DRIVES
Offered monthly at two locations
Blood drives sponsored by the American Red Cross are offered monthly on campus. Check the schedule and make an appointment online. The new Rapid Fast Pass can save about 15 minutes on the day of donation.

New Name, Same Services!
Announcing Be Well at Work - our new name reflecting the integration of UHS faculty/staff health programs!

Schedule of Workshops for Faculty and Staff
uhs.berkeley.edu/bewellatwork/workshops

Employee Assistance and Elder Care 643-7754
Employee Assistance (formerly known as CARE Services) 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 Program (formerly known as Health*Matters!), 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 642-7883
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.

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/counseling/career-library/staff
hr.berkeley.edu/development/career-development

Ergonomics
• Worksite Evaluations in non-computer environments.
• CtrlWORK Stretch Break Software – free break reminder program.
• Computer Ergonomics Matching Funds Program.
uhs.berkeley.edu/ergonomics

Nutrition Programs
• Ask the Dietitian email service.
• Healthier choices – Healthy Meeting & Event Guide, Eat Well Berkeley catering and vending, and the online collection of Cook Well Berkeley recipes.
uhs.berkeley.edu/bewellatwork/nutrition

Smoking Cessation Services
• California Smokers’ Helpline: 1.800.NO.BUTTS offers FREE telephone counseling, available in six languages.
• 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 Employee Assistance.
uhs.berkeley.edu/bewellatwork/managers-supervisors