


WORKSHOPS AND RESOURCES

FOR FACULTY AND STAFF

Energize to Be Well

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, Appts 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 10/14; 12:10–1pm

Walking for Energy

Thu 10/20, 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 11/18; 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 1/6, 2017; 6-week Online Healthy Lifestyle Program

DISABILITY MANAGEMENT

Workers' Compensation Benefits Procedure

(For benefits coordinators and payroll representatives)

Wed 10/5; 8:30am–noon

ELDER CARE

Qigong for Caregivers

Wed 9/28; 12:10–1:30pm

Reliable Senior Resources

Wed 10/26; 12:10–1:30pm

Long Distance Caregiving

Wed 11/16; 12:10–1:30pm

Memory Loss, Dementia and Alzheimer's Disease

Thu 12/8; 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

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 12/8; 5–7pm

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

Tue 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; 2–3:10pm

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



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

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.
 - Ergonomics Showroom - Call (877) 722-9090 for an appointment to try chairs, adjustable tables and keyboard trays.
- 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.
 - KEYS Training: Disability Management and Creating a Safe and Healthy Workplace.
- uhs.berkeley.edu/bewellatwork/managers-supervisors

FALL 2016

SCHEDULE OF WORKSHOPS FOR FACULTY AND STAFF

uhs.berkeley.edu/bewellatwork/workshops

MARK YOUR CALENDAR FOR THESE SPECIAL EVENTS:

CAMPUS MEMORIAL EVENT

Monday, Sept 12, 11:00am-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, 12:10-1pm, 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/calfortheure

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.
uhs.berkeley.edu/blood-drives



Be Well at Work

Faculty/Staff Health Programs

New Name, Same Services!

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

