UNIVERSITY HEALTH SERVICES
WORKSHOPS AND RESOURCES
FOR FACULTY AND STAFF

HAPPY SPRING SEMESTER!

Be Well at Work Faculty/Staff Health Programs are proud to have met the 2023 American Heart Association criteria for Gold recognition in the Association's Workforce Well-being Scorecard, in partnership with People & Culture, Environmental Health and Safety, Wellness Ambassadors, Ergonomic Navigators and numerous other campus partners. In 2024, we will continue to bring you exemplary workplace health and well-being programs, services and events and we look forward to being in community with you.

This Spring semester join our Be Well at Work Faculty/Staff Health Programs to discover experiential insights, practical tips, and effective strategies to enhance your well-being. Our workshops provide a supportive environment for learning and nourishment as we focus on physical and mental wellness, nutrition, financial literacy, and caregiver resilience. To learn more visit uhs.berkeley.edu/bewellatwork.

*denotes in-person only workshop | **denotes hybrid workshop

HEALTH & WELLNESS
UC Moves: Moving More Together Event
Thu 6/6; 12:10 - 1 pm, Campanile
Creativity and Your Well-Being: Canvas Painting*
Wed 3/6; 12:10 – 1 pm
I CAN: Commit to Activity and Nutrition
6 Week Healthy Lifestyle Program
Tue 3/26 - Tue 4/30
Active at Work
Yoga for Tension & Stress Relief*
Fri 2/9, 3/9, 4/12, 12:10 – 1 pm
Cardio Kickboxing*
Fri 4/5, 5/3; 12:10 – 1 pm
Cook Well Berkeley
Tasty Tofu* *
Tue 2/13; 12:10 – 1 pm
Flavors around the World**
Wed 3/20; 12:10 – 1 pm
Plant-Based and Planet-Friendly*
Wed 4/24; 12:10 – 1 pm
Goal Setting: Nutrition and Beyond [recorded]
Recorded Virtual Workshops and Programs

DISABILITY MANAGEMENT
Disability Management: Navigating the Process
Tue 1/16, 2/13, 3/12, 2/9, 5/7; 6/11 Noon – 1 pm
Disability Management: Understanding the Process
Wed 1/17, 2/21, 3/20, 4/7, 5/15; 9 am – 12:30 pm
Disability Management II: A Deeper Dive
Wed 1/31, 2/28, 3/27, 4/24; 9 am – 12:30 pm

ELDER CARE
Connecting with a Loved One Living with Dementia
Tue 1/30; Noon – 1:30 pm
Helping a Loved One Transition to Senior Living**
Thu 2/29; Noon – 1:30 pm
Caring for Elderly Family Members: Roles, Responsibilities, Reluctance, & Resilience **
Wed 3/13; Noon – 1:30 pm
Financial Planning for Long Term Care**
Thu 4/25; Noon – 1:30 pm
Living with Illness: Planning for Life and Quality of Life
Wed 5/29; Noon – 1:30 pm

STRESS MANAGEMENT
Tips and Tools for Building Resilience
Mon 1/22; Noon - 1 pm
Creating Healthy Boundaries in the Workplace
Thu 2/8, Noon – 1 pm
Strategies for Collaboration with Neurodivergent Family, Students, and Staff
Tue 3/19; Noon – 1:15 pm
Understanding Your Relationship to Work
Wed 4/3; Noon – 1:15 pm

FINANCIAL WELLNESS
Create a Budget, Ditch Your Debt
Tue 2/6; Noon – 1 pm
529 College Savings Plans
Thu 3/7; Noon – 1 pm
Fundamentals of Retirement Income Planning
Thu 3/21; Noon – 1 pm

ERGONOMICS
Computer Ergonomics 101*
Wed 1/10, 4/10, 5/6 & Tue 3/5; 10 – 11 am
Ergonomics for Managers and Supervisors
Wed 1/17, 3/27; 11 am – Noon
Ergo Product Procurement**
Wed 2/28, 5/15; 11 am – Noon
Ergonomics Navigator Training**
Wed 3/1, 5/22; 10 am – Noon
Ergo Mobility*
Wed 2/4, 4/17; 11 am - Noon

PARENTING
Planning Your Pregnancy Leave
Thu 2/15; Noon – 1 pm
Practicing Self-Compassion for Working Parents
Thu 3/14, Noon – 1 pm
Breastfeeding Your Baby; Returning to Work or School
Tue 4/2; 1 – 4:15 pm

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

PROGRAM DESCRIPTIONS AND ENROLLMENT
1. Go to uhs.berkeley.edu/bewellworkshops
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.