

UNIVERSITY HEALTH SERVICES

WORKSHOPS AND RESOURCES

FOR FACULTY AND STAFF

BE WELL AT WORK - FALL 2022

Each semester, the Be Well at Work Faculty/Staff Health Programs offer workshops, healthy lifestyle programs, and resources to help equip you with the knowledge and tools to support your well-being at work. Our programs are designed to boost your resilience while creating a safe space to connect with your emotional well-being and explore your mental health needs. Whether you attend a workshop for stress management, caregiver and parenting support, disability management, ergonomics or health and wellness; your well-being is our priority. **Visit uhs.berkeley.edu/bewellatwork to register today!**

*denotes in-person workshop

HEALTH & WELLNESS

Healthy Holiday Challenge: 6 Week Online Healthy Lifestyle Program

Mon 11/7 – Fri 12/16

Active at Work

Walking for Energy and Injury Prevention*

Fri 9/16, 9/23; 12:10 – 1 pm

Dancing for Fun and Fitness*

Fri 10/7, 11/4, 12/2; 12:10 – 1 pm

Yoga for Tension & Stress Relief*

Fri 9/9, 10/14, 11/18, 12/9; 12:10 – 1 pm

Cook Well Berkeley

Cooking on a Budget*

Thu 10/13; 12:10 – 1 pm

Fall/Winter Seasonal Vegetables*

Wed 11/16; 12:10 – 1 pm

Holiday Treats*

Thu 12/8; 12:10 – 1 pm

Creativity and Your Well-Being: Succulent Edition*

Fri 10/21; 12:10 – 1 pm

Recorded Workshops & Programs

All recordings available at uhs.berkeley.edu/wellness/recordings

[Leading a Healthy Lifestyle](#)

[Strategies for Making Healthy Lifestyle Changes](#)

DISABILITY MANAGEMENT

Disability Management: Understanding the Process

Wed 9/14, 10/19, 11/16; 9 - 12:30 pm

Disability Management: Navigating the Process

Wed 9/7, 12/8; noon – 1 pm

Understanding the Process Part II: A Deeper Dive

Wed 10/26, 11/30; 9- 12:30 pm

STRESS MANAGEMENT

Creating Healthy Boundaries

Thu 9/29; noon – 12:50 pm

Understanding Anxiety: Types, Triggers, & Treatment

Thu 10/27; noon – 1:30 pm

Practices for Healthy Sleep

Thu 11/3; noon – 12:50 pm

Guided Meditation

Thu 11/17, noon - 12:50 pm

All events listed on Berkeley Calendar:

bit.ly/bewellstaffcalendar

Stay in Touch! Sign up for our listservs:

uhs.berkeley.edu/bewellatwork

ELDER CARE

Caring for Those Who Care: Meeting the Needs of Diverse Family Caregivers

Tue 9/13; noon – 1:30 pm

Caregiving with Your Siblings: How Feuding Families can Become Peaceful Partners

Thu 10/6; noon – 1:30 pm

Estate Planning, Advance Directives, and Medi-Cal – The Basics

Tue 11/15; noon – 1:30 pm

Community Services to Support Aging in Place

Thu 12/1; noon – 1:30 pm

ERGONOMICS

Computer Health Matters: Campus & Remote Work

Thu 9/8, 12/1, & Tue 10/4, 11/1; 10 – 11 am

Computer Workstation Evaluator Training

Thu 9/22; 10 – noon

Ergonomic Alternatives: Keyboards, Mice & Movement

Tue 9/13, 12/6, & Wed 10/12, 11/9; 10 – 11 am

Back Talk

Wed 9/28; noon – 12:50 pm

Everyday Ergonomics

Thu 10/20; 10 – 11 am

FINANCIAL WELLNESS

Identify & Prioritize Your Saving Goals

Tue 10/11; noon – 12:50 pm

Starting Your Investment Portfolio

Tue 10/25; noon – 12:50 pm

Fundamentals of Retirement Income Planning

Tue 12/6; noon – 12:50 pm

PARENTING

Planning Your Pregnancy Leave

Thu 9/15; noon – 12:50 pm

Breema: Simple Practice for Complicated Times*

Wed 9/21; 12:10 – 1 pm

Breastfeeding Your Baby/Returning to Work or School

Thu 10/6; 1 – 4:15 pm

Transitioning Back After Baby Bonding Leave

Tue 10/18; noon – 12:50 pm

Conscious Co-Parenting

Wed 11/2; noon – 12:50 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.