

## HAPPY FALL!

This fall semester, Be Well at Work Faculty/Staff Health Programs offers faculty and staff an array of workshops, healthy lifestyle programs, and resources equipped to support many areas of home and work life. Whether you wish to focus on your emotional or physical well-being, address caregiver and parenting support, or improve your ergonomic health, Be Well at Work is available to help you meet your needs and pursue your health related goals. **Visit [uhs.berkeley.edu/bewellatwork](https://uhs.berkeley.edu/bewellatwork) to register today!**

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

## HEALTH & WELLNESS

### Know Your Numbers Health Screening\* (\$10 fee)

Wed 9/20 or Fri 9/22; 7:30 – 10 am, Appointments offered every 15 minutes

### Creativity and Your Well-Being: Canvas Painting\*

Wed 10/4; 12:10 – 1 pm

### Healthy Holiday Challenge: 6 Week Online Healthy Lifestyle Program

Mon 11/6 – Fri 12/15

#### Active at Work

##### Yoga for Tension & Stress Relief

Fri 9/8\*, 10/13, 11/17\*, 12/8; 12:10 – 1 pm

##### Walking for Energy and Injury Prevention\*

Fri 9/29 & 10/6; 12:10 – 1 pm

##### Cardio Kickboxing\*

Fri 10/20, 11/3; 12:10 – 1 pm

#### Cook Well Berkeley

##### Cooking on a Budget\*\*

Thu 10/12; 12:10 – 1 pm

##### Fall/Winter Seasonal Vegetables\*\*

Wed 11/8; 12:10 – 1 pm

##### Holiday Treats\*\*

Wed 12/6; 12:10 – 1 pm

#### [Goal Setting: Nutrition and Beyond \[recorded\]](#) [Recorded Virtual Workshops and Programs](#)

## DISABILITY MANAGEMENT

### Disability Management: Navigating the Process

Tues 9/5, 10/3, 12/5 & Wed 11/1; Noon – 1 pm

### Disability Management: Understanding the Process

Wed 9/6, 10/11, 11/8 & 12/6; 9 am – 12:30 pm

### Disability Management II: A Deeper Dive

Wed 9/20, 10/18, 11/15 & 12/20; 9 am – 12:30 pm

## ELDER CARE

### The Sandwich Generation: Caring for Kids and Parents

Thu 9/21; Noon – 1:30 pm

### Clutter & Hoarding: Supporting a Loved One

Tue 10/12; Noon – 1:30 pm

### Senior Living Options

Thu 11/9; Noon – 1:30 pm

### Sparking Joy Through Creativity

Tue 12/12; Noon – 1:30 pm

## STRESS MANAGEMENT

### Perfectionism in the Workplace

Tue 10/31; Noon – 1 pm

### Emotional Intelligence for the Workplace

Thu 11/16; Noon – 1 pm

### Maintaining Your Mental Health During the Holidays

Wed 11/29; Noon – 1 pm

## FINANCIAL WELLNESS

### Make the Most of the UC Retirement Savings Program

Thu 10/5; Noon – 1 pm

### Navigating the System: Social Security Retirement

Tue 10/17; Noon – 1 pm

### Investing 101

Mon 10/23; Noon – 1 pm

## ERGONOMICS

### Computer Health Matters: Campus and Remote Work\*

Wed 9/13, 10/11, & Tue 11/7, & Thu 12/7; 10 – 11 am

### Ergonomics for Managers and Supervisors

Wed 9/27; 11 am – Noon

### Pre-Approved UCB Ergo Products: Furniture & Accessories\*\*

Tue 10/17; 11 am – Noon

### Ergonomics Navigator Training\*\*

Wed 10/25; 10 am – Noon

### Ergo Mobility\*

Tue 11/14; 10 – 11 am

## PARENTING

### Planning Your Pregnancy Leave

Thu 9/14; Noon – 1 pm

### Supporting Children and Teens through Grief

Thu 9/26; Noon – 1 pm

### Breastfeeding Your Baby/Returning to Work or School

Thu 10/5; 1 – 4:15 pm

### Understanding Listening Partnerships

Thu 10/19; Noon – 1 pm

### Transitioning Back After Baby Bonding Leave

Thu 10/26; Noon – 1 pm

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



## PROGRAM DESCRIPTIONS AND ENROLLMENT

1. Go to [uhs.berkeley.edu/bewellworkshops](https://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.