

HAPPY FALL SEMESTER!

Be Well at Work invites faculty and staff to take part in our upcoming Fall Health Programs—designed to support your personal and professional well-being. This semester's workshops offer practical tools, fresh perspectives, and community connection across a range of topics, including: 1) Mental and physical health, 2) Nutrition and financial well-being, 3) Strategies for caregiver support and resilience. Join us to recharge, learn, and grow. We look forward to connecting with you this semester.

Please visit 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 9/17 & Tue 9/23; 7:30 – 10 am, Appointments offered every 15 minutes

Healthy Holiday Challenge: 6-Week Online Healthy Lifestyle Program

Mon 11/3 - Fri 12/12

Wellness Traditions: Ayurveda and Yoga*

Wed 9/17; 12:10 - 1 pm

Active at Work

Yoga for Tension & Stress Relief

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

Cardio Kickboxing*

Fri 10/3, 11/7; 12:10 – 1 pm

Cook Well Berkeley

Quick and Easy Meals**

Tue 10/14; 12:10 – 1 pm

Fall/Winter Seasonal Vegetables**

Thu 11/6; 12:10 – 1 pm

Holiday Treats**

Thu 12/4; 12:10 – 1 pm

Creativity and Your Well-Being

Holiday Card Making*

Thu 11/13; 12:10 – 1 pm

Virtual Vision Boards

Wed 12/10; 12:10 - 1 pm

Goal Setting: Nutrition and Beyond [recorded]

Recorded Virtual Workshops and Programs

DISABILITY MANAGEMENT

Disability Management: Navigating the Process

Tue 9/2, 10/7, 11/18, & 12/2; Noon - 1 pm

Disability Management: Understanding the Process

Wed 9/3, 10/15, 11/5, & 12/3; 9 am - 12:30 pm

Disability Management II: A Deeper Dive

Wed 9/10, 10/22, 11/19, & 12/10; 9 am - 12:30 pm

STRESS MANAGEMENT

Addressing Ambivalence: Why Change is Hard

Thu 10/9; Noon – 1 pm

Mindfulness @ Work to Reduce Stress & Burnout

Thu 10/16; Noon - 1 pm

Maintaining Your Mental Health Over the Holidays

Wed 11/19; Noon – 1 pm

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

ELDER CARE

Legal Planning for Long-Term Care

Thu 9/18; Noon – 1:30 pm

Preventing Falls for Older Adults

Thu 10/23; Noon – 1:30 pm

Responding to Resistance in Elder Care

Thu 11/6; Noon – 1:30 pm

Fostering Connection with Your Elders Over the Holidays

Thu 12/11; Noon - 1:30 pm

FINANCIAL WELLNESS

529 College Saving Plans

Wed 9/24; Noon – 1 pm

Building Savings

Wed 10/1; Noon – 1:30 pm

Increase Cash Flow

Wed 10/15; Noon - 1:30 pm

Considering Home Ownership

Tue 11/4; Noon - 1:30 pm

Understanding Asset Accumulation

Wed 11/5; Noon - 1:30 pm

Mortgage Modifications

Tue 12/2; Noon - 1:30 pm

ERGONOMICS

Ergonomics and Wellness in the Office

Thu 9/4; 11 am - Noon

Advanced Ergonomics*

Wed 9/10, 10/8, 11/12, 12/17, & Tue 10/29; 11 am - Noon

Ergonomics in Motion: How to Prevent and Relieve Computer Strain

Thu 10/2; 11 am - Noon

Ergonomics for Managers and Supervisors

Wed 10/22, 12/3; 11 am – Noon

Keyboards and Mice: Ergonomic Alternatives*

Wed 10/29; 11 am - Noon

PARENTING

Planning Your Pregnancy Leave

Thu 9/25; Noon – 1 pm

Breastfeeding Your Baby: Returning to Work or School

Tue 10/7; 1 – 4:15 pm

Empty Nest: Navigating Change with Rediscovery and Self-Compassion

Tue 10/21; Noon - 1 pm

Transitioning Back After Baby Bonding Leave

Tue 10/28; Noon - 1 pm



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.