

HAPPY FALL SEMESTER!

This Fall semester join our upcoming Be Well At Work Faculty and Staff Health Programs for an enriching experience in which you'll acquire experiential insights, practical tips, and effective strategies which focus on enhancing, supporting, and empowering your overall well-being. Our workshops are designed to promote both learning and personal growth by covering a wide range of topics, including physical and mental wellness, nutrition, financial literacy, and strategies for caregiver resilience. We look forward to being in community with you this semester.

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)

Fri 9/20 & Wed 9/25; 7:30 – 10 am, Appointments offered every 15 minutes

6-Week Online Healthy Lifestyle Programs

Rest and Revive

Mon 9/23 - Fri 10/28

Healthy Holiday Challenge

Mon 11/4 - Fri 12/13

Creativity & Your Well-Being

Upcycling T-Shirts*

Thu 10/3; 12:10 – 1 pm

Furoshiki Gift Wrapping*

Thu 11/7; 12:10 - 1 pm

Active at Work

Yoga for Tension & Stress Relief

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

Cardio Kickboxing*

Fri 10/4 & 11/1; 12:10 – 1 pm

Cook Well Berkeley

Quick and Easy Meals**

Thu 10/10; 12:10 – 1 pm

Fall/Winter Seasonal Vegetables**

Thu 11/21; 12:10 – 1 pm

Holiday Treats**

Tue 12/3; 12:10 – 1 pm

Goal Setting: Nutrition and Beyond [recorded]

Recorded Virtual Workshops and Programs

DISABILITY MANAGEMENT

Disability Management: Navigating the Process

Tue 9/3, 10/1, 11/5, 12/3; Noon - 1 pm

Disability Management: Understanding the Process

Wed 9/4, 10/2, 11/6, 12/4; 9 am - 12:30 pm

Disability Management II: A Deeper Dive

Wed 9/18, 10/16, 11/20, 12/11; 9 am - 12:30 pm

ELDER CARE

Family Dynamics and Caregiving

Tue 9/10; Noon – 1:30 pm

Legal Planning for Long-Term Care

Tue 10/8; Noon – 1:30 pm

Managing Money: A Caregiver's Guide to Finances

Tue 11/12; Noon – 1:30 pm

An Update on Alzheimer's: Assessment, Treatment & Prevention

Tue 12/10; Noon – 1:30 pm

STRESS MANAGEMENT

Tips and Tools for Getting Enough Sleep

Tue 9/17; Noon – 1 pm

Emotional Intelligence for the Workplace

Thu 10/31; Noon – 1 pm

Simple Practices for a Calmer Mind: Breathing and Grounding Techniques

Wed 11/6; Noon – 1 pm

Reclaiming Rest

Wed 12/11; Noon - 1 pm

FINANCIAL WELLNESS

529 College Savings Plans

Tue 10/15, Noon – 1 pm

Navigating the System: Social Security Retirement

Tue 10/29; Noon – 1 pm

ERGONOMICS

Computer Ergonomics 101*

Wed 9/18, 10/23, 11/13, 12/4; 10 – 11 am

Ergonomics and Holistic Health*

Wed 9/25; 11 am - noon

Ergonomics for Managers and Supervisors

Wed 10/2 & Thu 11/14; 11 am – Noon

Ergo Movement*

Wed 10/9 & Thu 12/5; 11 am – Noon

Ergonomics and Wellness**

Wed 10/16; Noon - 1 pm

Ergonomics Program Overview*

Wed 10/30, 11/20; 10 am - Noon

PARENTING

Planning Your Pregnancy Leave

Thu 9/19; Noon – 1 pm

Breastfeeding Your Baby/Returning to Work or School

Thu 10/1; 1 – 4:15 pm

Transitioning Back After Baby Bonding Leave

Thu 10/17; Noon – 1 pm

Connective Parenting for Neurodivergent Families -

Diverse Paths

Thu 10/24; Noon - 1:30 pm

Navigating the Holidays with Self-Compassion

Tue 11/19; 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
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.