FALL 2026

UNIVERSITY HEALTH SERVICES

WORKSHOPS AND RESOURCES

FOR FACULTY AND STAFF

HAPPY FALL SEMESTER!

This Fall semester, participate in Be Well at Work Faculty and Staff Health Programs to discover practical resources, actionable tips, and evidence-based strategies that support your overall well-being. Our workshops offer a welcoming environment to learn, connect, and recharge while exploring topics such as physical and mental health, nutrition, financial wellness, and caregiver support. Engage with colleagues, share experiences, and build skills that promote balance, resilience, and well-being throughout the 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)
Thu 9/17 & Wed 9/23; 7:30 – 10 am, Appointments offered every 15 minutes

Healthy Holiday Challenge: 6-Week Online Healthy Lifestyle Program
Mon 11/2 - Fri 12/11

Active at Work

Yoga for Tension & Stress Relief*
Fri 9/11, 11/13; 12:10 – 1 pm

Cardio Kickboxing*
Fri 9/4, 11/6; 12:10 – 1 pm

Energizing Yoga and Breathwork*
Fri 9/18, 10/16; 12:10 - 1 pm

Functional Fitness*
Fri 10/9; 12:10 - 1 pm

Cook Well Berkeley

Simply Japanese**
Tue 10/13; 12:10 – 1 pm

Plant-Based & Planet-Friendly**
Thu 11/5; 12:10 – 1 pm

Holiday Treats**
Tue 12/8; 12:10 – 1 pm

Creativity & Your Well-Being

Using Watercolor to Design Your Rest Practice*
Thu 10/1; 12:10 - 1 pm

Blooming Gift Boxes*
Wed 12/2; 12:10 - 1 pm

Goal Setting: Nutrition and Beyond **[recorded]**
Recorded Virtual Workshops and Programs

STRESS MANAGEMENT

Demystifying Anger
Thu 9/10; Noon – 1 pm

Emotional Intelligence for the Workplace
Wed 10/28; Noon – 1 pm

Prioritizing Your Personal Energy**
Tue 11/3; 11 am - Noon

Somatic Practices for Stress Management
Thu 11/12; Noon - 1 pm

ELDER CARE

Putting Your Affairs in Order
Tue 9/22; Noon – 1:30 pm

Preventing Scams Targeting Older & Dependent Adults
Tue 10/27; Noon – 1:30 pm

Navigating Resources to Age in Place
Tue 11/10; Noon – 1:30 pm

Tuning In Together: Using Music to Navigate Caregiving
Tue 12/15; Noon -1:30 pm

ERGONOMICS

Ergonomics and Wellness in the Office
Thu 10/8; 11 am - Noon

Advanced Ergonomics*
Wed 9/23, 10/21, 11/18, & 12/16; 11 am - Noon

Ergonomics in Motion: How to Prevent and Relieve Computer Strain
Wed 10/14; 11 am - Noon

Ergonomics for Managers and Supervisors
Wed 9/30, 11/4; 11 am – Noon

Myth-busting Ergonomic Products
Thu 10/29; 11 am - Noon

DISABILITY MANAGEMENT

Disability Management: Navigating the Process
Tue 9/1, 10/6, 11/3, 12/1; Noon - 1 pm

Disability Management: Understanding the Process
Wed 9/2, 10/7, 11/4, 12/2; 9 am - 12:30 pm

Disability Management II: A Deeper Dive
Wed 9/9, 10/14, 11/18, & 12/9; 9 am - 12:30 pm

PARENTING

Planning Your Pregnancy Leave
Thu 9/24; Noon – 1 pm

Supporting Children and Teenagers Through Grief
Tue 9/29; Noon - 1:30 pm

Empty Nest: Navigating Change with Rediscovery and Self-Compassion
Tue 10/20; Noon - 1 pm

Transitioning Back After Baby Bonding Leave
Thu 10/22; Noon - 1 pm

Breastfeeding Your Baby: Returning to Work or School
Tue 10/27; 1 – 4:15 pm

Navigating the Holidays with Self-Compassion
Wed 11/18; Noon - 1 pm

FINANCIAL WELLNESS

Navigating the System: Social Security Retirement
Wed 9/30; Noon – 1 pm

529 College Savings Plans
Wed 10/7; Noon – 1 pm

Understanding Credit Scores and Reports
Thu 10/15; Noon - 1 pm

Debt Management
Wed 12/9; 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. Note: Use a computer for this step - it will not work on a mobile device.