WORKSHOPS AND WEBINARS

UHS Faculty/Staff Health Programs:
- Back Talk: Less Stress on Your Back
- Breakfast: A Savory Start to your Day
- Breastfeeding Your Baby
- Breema: Moving Meditation for Balance and Harmony
- Buying your First Home
- Computer Health Matters
- Core Essentials for Better Posture
- Emotional Readiness for Retirement
- Financial and Legal Implications of Hiring In-home Care for Children and Elders
- Financial Planning: How-to’s on the First Steps
- First Steps into Functional Fitness
- Get Fit in 7 Minutes
- Having the Difficult Conversations about Elder Care
- Housing Options for Seniors
- Infant Sleep Patterns
- Keyboards and Mice: Ergonomic Alternatives
- Know the 10 Warning Signs of Alzheimer’s Disease
- Legal Toolbox for Navigating a Loved One’s Care
- Maximizing your Memory
- Planning Your Pregnancy Leave
- Potlucks, Parties, and Picnics
- Preparing Your Savings for Retirement
- Resilience and Renewal
- Restorative Yoga for Relaxation
- Satisfying Spring Salads
- Strengthen Your Personal Comfort Zone
- Sugary Savvy Workshop
- UC Retirement Plan (UCRP): The Pension Plan

Health*Matters Webinars:
- Food Sensitivities: Trends, Triggers and Truths
- Nutrition Essentials for Healthy Living
- Nutrition for Women in Middle-Age and Beyond
- Strategies for Making Successful Lifestyle Change

GET STARTED: uhs.berkeley.edu/uclw

* See the list of participating bargaining units.

QUESTIONS:
Contact Optum Customer Service 1-877-818-5826