CARE Services and Elder Care Program 643-7754
CARE Services offers free, confidential short-term counseling, assessment and referrals for personal, family and work-related concerns, as well as for those caring for an elder or dependent adult. CARE Services also provides consultation to managers and supervisors experiencing workplace challenges, transitions, or concerns about the welfare of an employee.

Disability Management Services 643-7921
Disability Management Services provides employees and departments with a full range of disability-related assistance and consultation, including workers' compensation, injury prevention, return-to-work, transitional work, reasonable accommodation, and departmental training.

Ergonomics@Work 643-2540
Ergonomics@Work promotes ergonomics in campus work environments through workshops, consultation, coordination of the campus network of departmental computer workstation evaluators, and the Computer Ergonomics Matching Funds Program.

Health*Matters 643-4646
Health*Matters Wellness Program, in partnership with several campus departments, strives to foster a healthy work environment and to provide tools and resources to enhance and support the health and well-being of faculty, staff and their families.

Occupational Health Clinic 642-6891
The Occupational Health Clinic is a full-service occupational medicine program: providing treatment for work-related injuries and illnesses; medical screenings and surveillance; immunization programs; and consultations for employee health related issues.

Work/Life 642-7883
Work/Life identifies and recommends policies and benefits, and develops services and programs that enable faculty and staff to be productive members of the campus community while meeting personal and family obligations.

uhs.berkeley.edu/facstaff/programs

HEALTH PROGRAMS
UHS FACULTY AND STAFF

MARK YOUR CALENDAR FOR THESE SPECIAL EVENTS:

SPRING 2015 SCHEDULE OF WORKSHOPS FOR FACULTY AND STAFF uhs.berkeley.edu/facstaff/programs

4th ANNUAL FINANCIAL FAIR FOR PERSONAL FINANCE Thursday, April 23, 10am-2pm, Alumni House The Financial Fair is an opportunity to meet with UC financial vendors, learn about campus resources, and attend workshops. For a schedule of workshops and list of participating vendors, please visit: uhs.berkeley.edu/facstaff/financialfair.shtml

UC WALKS: CAL WALKS AT WORK DAY Friday, June 12 in partnership with Staff Appreciation Week 12:10–1pm Save the Date! Join us for the annual, system-wide UC Walks event! UC faculty and staff are encouraged to commit to a 30-minute walk on this day. Visit the UC Walks: Cal Walks at Work page for information: uhs.berkeley.edu/calwalksatwork

Breastfeeding Support Program • Lactation rooms on campus and personal breast pumps for sale at cost.

Career Resources • Several campus partners offer career resources for faculty/staff.

Ergonomics@Work Program • Worksite Evaluations in non-computer environments.

Health and Wellness Programs: Mark Your Calendar For These Special Events:

- 4th ANNUAL FINANCIAL FAIR FOR PERSONAL FINANCE
- UC WALKS: CAL WALKS AT WORK DAY

Additional resources and contact information for each program can be found at uhs.berkeley.edu/facstaff/programs.
## HEALTH & WELLNESS

**Know Your Numbers Health Screening ($10 fee)**
Wed 1/28 or 2/4, Fri 1/30 or 2/6; 7:30–10am; Tang Ed Center

**21-Day Sugar Challenge: Defeat the Sweets (Online)**
Mon 1/26–Sun 2/15; Select specific sugar target and commit to 21 days of less sugar.

**Sugar Savvy Workshop**
Wed 2/11; 12:10–1pm, Tang Ed Center

**I CAN! Commit to Activity and Nutrition**

### 6-Week Healthy Lifestyle Program


### Active @ Work:
- **Dancing for Fun and Fitness**
  Fri 2/5 or 2/19, 2/26, 3/5, 3/25, 4/8, 5/6, 6/5; 12:10–1pm, 251 Hearst Gym
- **First Steps into Functional Fitness**
  Fri 2/5 or 2/19, 2/26, 3/5, 3/25, 4/8, 5/6, 6/5; 12:10–1pm, 251 Hearst Gym
- **Get Fit in 7 Minutes**
  Thur 2/5 or Tue 5/5; 12:10–1pm, Tang Ed Center
- **Fitness Walking Clinics**
  Every Thurs 3/5, 3/12, 3/19, 3/26, 4/2; 12:10–1pm, Edwards Track
- **Health*Matters Walking Group**
  Meets every Mon–Wed–Fri at 12:10pm at the Campanile

### Cook Well Berkeley Healthy Cooking Series
- **Breakfast: A Savory Start to Your Day**
  Wed 2/18; 12:10–1pm, Tang Ed Center
- **Potlucks, Parties and Picnics**
  Tue 3/10; 12:10–1pm, Tang Ed Center
- **Satisfying Spring Salads**
  Wed 3/18; 12:10–1pm, Tang Ed Center
- **Living Well Webinars (recorded):**
  - Strategies for Making Successful Lifestyle Changes
  - Nutrition Essentials for Healthy Living
  See uhs.berkeley.edu/facstaff/programs/wellness.shtml

## ERGONOMICS

**Computer Health Matters: User Friendly Workstations**
Wed 2/5, 3/19, 4/10, 5/5
- 8:30–9:30am, Tang Ed Center

**Keyboard and Mice: Ergonomic Alternatives**
Wed 2/5, 3/19, 4/10, 5/5
- 9:45–10:45am, Tang Ed Center

**Core Essentials for Better Posture**
Tue 3/25, 4/1, 4/8; 12:10–1:10pm, Tang Ed Center

**Back Talk: Less Stress on Your Back**
Tue 2/10; 12:10–1:10pm, Tang Ed Center

**Computer Workstation Evaluator Training**
Wed 2/11 or Tue 5/26, 8am–noon, Tang Ed Center

## DISABILITY MANAGEMENT

**Workers’ Compensation Benefits Procedure**
(For benefits coordinators and payroll representatives)
Wed 3/8; 8:30am–noon, Tang Ed Center

## ELDER CARE

**Know the 10 Warning Signs of Alzheimer’s Disease**
Wed 2/5; 12:10–1:30pm, Tang Ed Center

**Housing Options for Seniors**
Thu 3/5; 12:10–1:30pm, Tang Ed Center

**Legal Toolbox for Navigating a Loved One’s Care**
Mon 4/13; 12:10–1:30pm, Tang Ed Center

**Having the Difficult Conversations about Elder Care**
Wed 5/6; 12:10–1:30pm, Tang Ed Center

## FINANCIAL WELLNESS

**Buying Your First Home**
Thu 2/5; 12:10–1:30pm, Tang Ed Center

**UC Retirement Plan (UCRP): The Pension Plan**
Thu 3/5; 12:10–2:10pm, Tang Ed Center

**Preparing Your Savings for Retirement**
Thu 5/7; 12:10–1:30pm, Tang Ed Center

**Financial Planning: How-to’s on the First Steps**
Thu 5/14; 12:10–1:30pm, Tang Ed Center

## PARENTING

**Financial & Legal Implications of Hiring In-home Care for Children and Elders**
Thu 2/5; 12:10–1:30pm, Tang Ed Center

**Breastfeeding Your Baby/Returning to Work or School**
Mon 2/23 or Tue 4/22; 12:10–1:30pm, Tang Ed Center

**Planning Your Pregnancy Leave**
Thu 3/5; 12:10–1:30pm, Tang Ed Center

**Infant Sleep Patterns**
Tue 5/26; 12:10–1:30pm, Tang Ed Center

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**Computer Health Matters**

- New format with information on using laptops, smart phones and dual screen monitors
- Self-evaluate your computer workstation and set up a user-friendly workstation in 30 minutes
- Identify campus resources to assist in keeping you safe, healthy and productive at the computer
- Qualifies for the Computer Matching Funds Program

Register via the UCB Learning Center: [uhs.berkeley.edu/facstaff/programs/ergonomics.shtml](http://uhs.berkeley.edu/facstaff/programs/ergonomics.shtml)

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**Program Descriptions and Enrollment**

1. Go to [uhs.berkeley.edu/facstaff/programs](http://uhs.berkeley.edu/facstaff/programs)
2. Under Workshops and Resources, click on the topic of interest for list of programs with descriptions.
3. Click on the “date” or “enroll” hyperlink to the UCB Learning Center.