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 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 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 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.

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 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.

MARK YOUR CALENDAR FOR THESE SPECIAL EVENTS:

**CAMPUS MEMORIAL EVENT**
Wed, Sep 9, Noon–1pm, Campus Flagpole (West of California Hall)  
Join members of the campus community at this annual event to remember faculty, staff, students, emeriti and retirees who died this past year. Please invite family and friends to attend. Co-sponsored with the Chancellor’s Office.

**CELL PHONES AND YOUR HEALTH**
Thu, Sep 10, 12-1pm, Registration required  
Jodi Moskowitz, PhD, School of Public Health, will share the latest research on wireless radiation safety and easy steps you can take to protect yourself and loved ones from potential harm. Sponsored by Health*Matters and CITRIS.

**CAL FOR THE CURE: WALK FOR CANCER AWARENESS**
Wed, Oct 14, 12-1pm, Campanile  
Please join this annual campus walk to raise awareness and support for campus members who have been touched by breast cancer and all types of cancer.

**FOOD DAY 2015**
Campus events held throughout the week, Oct 19-23  
Join Berkeley’s celebration of Food Day and take the UC-wide Food Day Pledge.
**HEALTH & WELLNESS**

*Know Your Numbers Health Screening ($10 fee)*

Wed 9/16 or Fri 9/18 or 9/25; 7:30-10am

Appointments offered every 15 minutes.

*Sugar Savvy Workshop*

Tue 9/22; 12:10–1pm

*The Amazing Walk 4: Virtual Wellness Adventure*

Mon 9/1-Mon 11/6; Partner-based 6-week healthy lifestyle program with free pedometer, weekly newsletters, raffle prizes, and more.

*Active @ Work*

- **Dancing for Fun and Fitness**
  Fri 9/4, 10/2, or 11/6; 12:10–1pm
- **Mindful Stretching to Ease Joint Discomfort**
  Fri 9/19; 12:10–1pm
- **First Steps into Functional Fitness**
  Fri 10/2; 1:30–2pm
- **Get Fit in 7 Minutes**
  Fri 10/9 or 11/6; 12:10–1pm
- **Fitness Walking Clinics**
  Thu 10/22-11/12; 12:10–1pm
- **Health*Matters Walking Group**
  Meets every MWF, 12:10pm at the Campanile

*Cook Well Berkeley Healthy Cooking Series*

**Lunch– Eat Well at Work**

Tue 9/29; 12:10–1pm

**Winter Vegetables Made Easy**

Wed 11/4; 12:10–1pm

**Healthy Edible Holiday Gifts**

Wed 12/3; 12:10–1pm

*Maintain Don’t Gain: Healthy Holiday Challenge*

Mon 11/23-Fri 1/1, 2016; 6-week Healthy Lifestyle Program

**Living Well Webinars (recorded)**

- Strategies for Making Successful Lifestyle Changes
- Nutrition Essentials for Healthy Living
  See uhs.berkeley.edu/facstaffprograms/wellness.shtml

**ERGONOMICS**

*Core Essentials for Better Posture*

Thu 8/20, 9/17 or Tue 10/1, 11/2; 12:10–1:30pm

*Computer Health Matters: User Friendly Workstations*

Wed 8/26, 9/23, 10/1, 11/8 or 12/16; 8:30–9:30am

*Keyboards and Mice: Ergonomic Alternatives*

Wed 8/26, 9/23, 10/1, 11/8 or 12/16; 9:45–10:45am

*Computer Workstation Evaluator Training*

Wed 9/30 or 11/6, 8am–noon

*Back Talk: Less Stress on Your Back*

Thu 10/29; 12:10–1:30pm

**DISABILITY MANAGEMENT**

*Workers’ Compensation Benefits Procedure*

(For benefits coordinators and payroll representatives)

Wed 10/28; 8:30am–noon

**ELDER CARE**

*The Dementia Whisperer*

Thu 10/1; 12:10–1:30pm

*Basic Legal Knowledge to Live Well: Wills, Finances, Health & More*

Wed 10/21; 12:10–1:30pm

*Low-Income Assistance for Seniors*

Wed 11/18; 12:10–1:30pm

*Understanding the Behaviors of Someone with Memory Loss*

Fri 12/1; 12:10–1:30pm

**FINANCIAL WELLNESS**

*Getting Out of Debt*

Wed 9/16; 12:10–1:30pm

*Understanding and Improving Your Credit Score*

Wed 9/23; 12:10–1:30pm

*Financial Planning: Working with a Financial Planner*

Thu 11/5; 12:10–1:30pm

*UC Retirement Plan (UCRP): The Pension Plan*

Tue 11/17; 12:10–2pm

**PARENTING**

*Breastfeeding Your Baby/Returning to Work or School*

Mon 9/21 or Tue 11/17; 1:30–4:45pm

*Planning Your Pregnancy Leave*

Thu 10/8; 12:10–1:30pm

*Positive Parenting: What Great Parents Do*

Wed 1/13; 12:10–1:30pm

*Parenting Fussy Babies: Understanding Infant Crying and Colic*

Thu 11/12; 12:10–1:30pm

**STRESS MANAGEMENT**

*Why We Love: How Romantic Love and Intimacy Foster Personal Growth and Development*

Tue 9/29; 12:10–1:30pm

*Emotional Readiness for Retirement*

Wed 9/30; 2–3pm

*Breema: An Introduction to Moving Meditation*

Tue 10/27; 12:10–1:30pm

Please register on the UC Learning Center for workshop locations.

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**PROGRAM DESCRIPTIONS AND ENROLLMENT**

1. Go to 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 UC Learning Center.