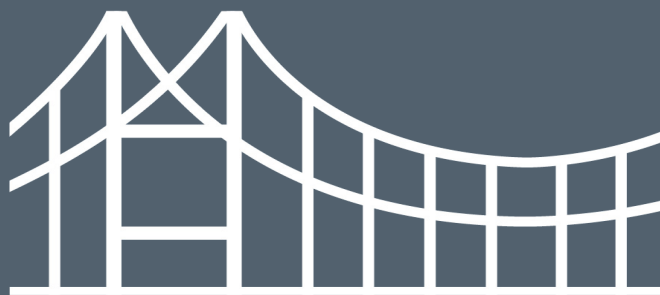


# Bridging the Gap

The purpose of the Bridging the Gap series is to allow UC Berkeley thought leadership, faculty, and staff to excel together by providing a forum to discuss emerging and hot button issues, foster an open exchange, and inform decision-makers.



Space for our sessions is limited so please register using the UC Learning Center available in the "Self Service" section of the blu portal. For additional information please visit our website at <http://audit.berkeley.edu/resources/bridging-the-gap>, email us at [audit@berkeley.edu](mailto:audit@berkeley.edu), or call us at 642-8292.

## Audit and Advisory Services Vision Statement

As a trusted partner, we provide independent, objective, and risk based information and assurance at the right time to the right people to foster effective decisions.

## Ask the Auditor

Do you have a question for Audit and Advisory Services? Please e-mail it to [audit@berkeley.edu](mailto:audit@berkeley.edu) or submit it online at: <http://audit.berkeley.edu/services/ask-auditor/submit-your-question>.

## Creating a Culture of Wellness Together

**Wednesday, June 14, 2017**

**150 University Hall**

**10:00-11:30 am**

The average US worker spends more time working than sleeping (Bureau of Labor Statistics) and eating more than half their meals on the job than at home. For many of us, this means our health, and our ability to manage our health, are largely influenced by the workplace culture and environment. This interactive session will explore how creating a culture of wellness at work can improve energy, morale, job satisfaction, performance, and the health and well-being of faculty and staff. The department's culture – largely shaped by values and social norms, supervision styles, and communications – as well as the physical environment, can all be shaped to cultivate a healthier workplace for all. Learn how to empower your inner change agent and be part of the wellness culture movement!

### Session Lead Notes

**Cori Evans**, MA is a worksite wellness specialist and certified personal trainer with Be Well at Work – Wellness Program specializing in coordination of the UC Berkeley Wellness Ambassador program, Know Your Numbers health screenings, campus walking events and various active at work programs. She comes to UC Berkeley with nearly 15 years of worksite wellness experience in both the private and public sectors.

**Trish Ratto**, RD is manager of Be Well at Work – Wellness Program, UCB's worksite wellness program (formerly known as Health\*Matters) with over 25 years of worksite wellness experience at UC Berkeley. She teaches the KEYS class, Creating a Safe and Healthy Work Environment, helping supervisors create a culture of health within their department or work unit, and leads environmental initiatives helping to make the healthy choice the easy choice for the campus community.