



March 20
12:00 – 1:30 p.m.

Eating Well to Live Well...Now and Later

Heidi Roth, R.D., L.D.N., B.S.; Owner, Heidi Roth Nutrition

March 21
12:00 – 1:30 p.m.

Tick-Talk: Tips for Preventing Lyme Disease and Other Tick-Borne Diseases

Howard M. Heller, M.D., M.P.H.; Associate Medical Director, MIT Medical

April 26
12:00 – 1:30 p.m.

Pathways to Well-Being: Focusing on What Matters

Joan Klagsbrun, Ph.D.; Certifying Coordinator, Focusing-Oriented Psychotherapist and Focusing Trainer, The International Focusing Institute

May 3
12:00 – 1:30 p.m.

The Art of Interpersonal and Emotional Intelligence

Lauren Mackler, M.A.; Author, Consultant, and Educator

May 7
12:00 – 1:30 p.m.

Picking Your Pup: Choosing the Best Dog for Your Lifestyle

Amanda Leef, D.V.M.; Veterinarian and Owner, Heal Veterinary Clinic
Melissa McCue-McGrath, C.PDT.-K.A.; Co-Training Director, New England Dog Training Club

May 15
12:00 – 1:30 p.m.

Couples and Money: What's Love Got to Do with It?

Ina Bachman, L.I.C.S.W., T.I.W.C., C.E.A.P.; Founder and Coach, Bachman Coaching

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April 11
5:00 – 7:00 p.m.

Managing Your Finances to Create the Life You Want

Jeanne Mahan, M.S.; Senior Manager, College Finance, College Coach

Dinner will be available beginning at 5:00 p.m.

April 19
12:00 – 1:30 p.m.

Optimizing Your Social Security Benefit

Francine Kollias, B.A.; Social Security Consultant and Educator

April 24
12:00 – 1:30 p.m.

Money Smart: Raising Finance-Wise Kids

Stacey MacPhetres, M.A.; Director, College Finance, College Coach

May 15
12:00 – 1:30 p.m.

Couples and Money: What's Love Got to Do with It?

Ina Bachman, L.I.C.S.W., T.I.W.C., C.E.A.P.; Founder and Coach, Bachman Coaching

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April 4
12:00 – 1:00 p.m.

Think Big: Identify Goals and Set Priorities

Anna Robinson, M.A., WLCPC®; HR Coordinator, MIT Department of Aeronautics and Astronautics

April 11
5:00 – 7:00 p.m.

Managing Your Finances to Create the Life You Want

Jeanne Mahan, M.S.; Senior Manager, College Finance, College Coach

Dinner will be available beginning at 5:00 p.m.

May 2
5:00 – 7:00 p.m.

Building Resiliency and Well-Being by Effectively Managing Stress

Gretchen Ki Steidle, M.B.A.; Founder and President, Global Grassroots and the Conscious Social Change Initiative

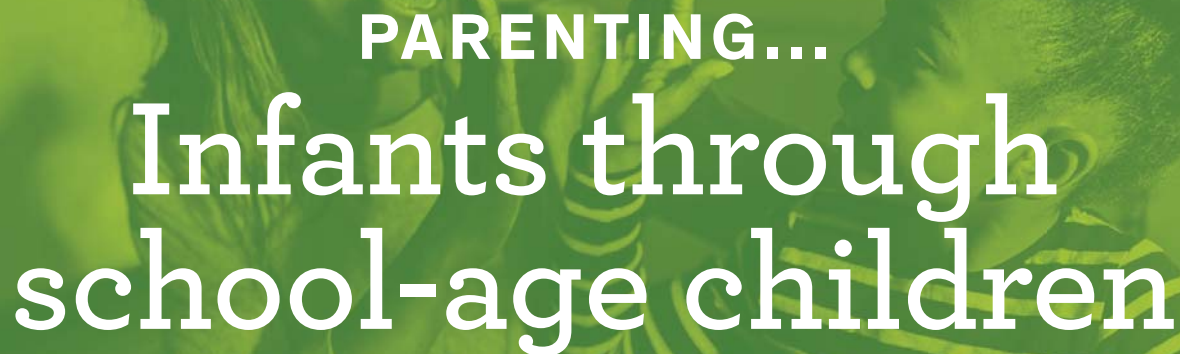
Dinner will be available beginning at 5:00 p.m.

*Presented in collaboration with the Office of the Vice President for Research,
the Office of Graduate Education, Global Education & Career Development, and Millennials ERG*

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PARENTING...
**Infants through
school-age children**

April 24
12:00 – 1:30 p.m.

Money Smart: Raising Finance-Wise Kids

Stacey MacPhetres, M.A.; Director, College Finance, College Coach

May 8
12:00 – 1:30 p.m.

Career Meet Baby: How to Prepare for Success as a Working Parent

Donielle Buie, M.Ed.; Founder and CEO, WifeMotherLeader

Monthly
12:00 – 1:30 p.m.

Choosing Quality Child Care

Kathy Kasabula, B.A.; Child Care Operations Administrator, MIT Work-Life Center

Available
on Demand

Managing Your Child's Screen Time (Webinar)

Janell Burley Hofmann, B.S.; Author, Consultant, and Educator

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CARING FOR AGING PARENTS...

What worries you the most?

April 10
12:00 – 1:30 p.m.

Strategies and Resources for Aging at Home

Elizabeth Guttenberg, L.C.S.W.; Work-Life Administrator, MIT
Barbara Selwyn, M.C.P.; Executive Director, Cambridge at Home

May 10
12:00 – 1:30 p.m.

Understanding the Legal Landscape of Aging

Harry Margolis, J.D.; Managing Partner, Margolis & Bloom, LLP

Monthly
12:30 – 1:30 p.m.

Caregiver Support Group: Caring for an Aging Family Member

Anna Pollard, L.I.C.S.W., C-A.S.W.C.M.; Director of Clinical Services, LifeCare Advocates

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THE TEEN YEARS & BEYOND... Parenting teens & planning for college

March 27
12:00 – 1:30 p.m.

Enriching Summer Programming for Teens: There's More to Life Than Good Grades

Marie Schwartz, M.B.A.; Founder and CEO, TeenLife Media

April 5
12:00 – 1:30 p.m.

U.S. College Admissions 101

Stuart Schmill; Dean of Admissions and Student Financial Services, MIT

April 10
3:00 – 4:00 p.m.

Financial Aid Advice That's Too Good to Be True (Webinar)

Alex Bickford, M.A.; Senior Manager of College Finance, College Coach

April 24
12:00 – 1:30 p.m.

Money Smart: Raising Finance-Wise Kids

Stacey MacPhetres, M.A.; Director, College Finance, College Coach

June 5
3:00 – 4:00 p.m.

Successful Scholarship Strategies (Webinar)

Stacey MacPhetres, M.A.; Director, College Finance, College Coach

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March 22
12:00 – 1:30 p.m.

Preparing for a Happy and Successful Retirement

Richard Dufresne, M.S.W., LICSW; Founder and Principal Consultant, Alliance Consulting HRD

April 6
May 4
12:00 – 1:30 p.m.

Making Informed Retirement Planning Decisions: A Two-Part Series

- **Part One: When Can I Afford to Retire?**
- **Part Two: Will It All Add Up?**

Ken Davies, E.A., C.E.B.S., B.S.; Retirement Programs Manager, MIT
Steven Dimitriou, A.I.F., P.R.P.; Managing Partner, Mayflower Advisors

April 12
12:00 – 1:30 p.m.

Then What? Planning for a Fulfilling Life After Full-Time Work

Judy Elkin, M.Ed., PCC; Professional and Personal Coach

April 19
12:00 – 1:30 p.m.

Optimizing Your Social Security Benefit

Francine Kollias, B.A.; Social Security Consultant and Educator

May 10
12:00 – 1:30 p.m.

Understanding the Legal Landscape of Aging

Harry Margolis, J.D.; Managing Partner, Margolis & Bloom, LLP

Presented in collaboration with MIT Benefits

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