Eating Well to Live Well…Now and Later
Heidi Roth, R.D., L.D.N., B.S.; Owner, Heidi Roth Nutrition
March 20
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
March 21
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
April 26
12:00 – 1:30 p.m.

The Art of Interpersonal and Emotional Intelligence
Lauren Mackler, M.A.; Author, Consultant, and Educator
May 3
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.P.D.T.-K.A.; Co-Training Director, New England Dog Training Club
May 7
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
May 15
12:00 – 1:30 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.

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

Money Smart: Raising Finance-Wise Kids
Stacey MacPhetres, M.A.; Director, College Finance, College Coach

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

LEARN MORE & SIGN UP AT
hrweb.mit.edu/worklife

FOLLOW US @MITWORKLIFE
April 4
12:00 – 1:00 p.m.

Think Big: Identify Goals and Set Priorities
Anna Robinson, M.A., WLCP®; 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

LEARN MORE & SIGN UP AT
hrweb.mit.edu/worklife

FOLLOW US @MITWORKLIFE
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

LEARN MORE & SIGN UP AT
hrweb.mit.edu/worklife
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

LEARN MORE & SIGN UP AT
hrweb.mit.edu/worklife
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

Learn more & sign up at hrweb.mit.edu/worklife
RETIREMENT SENSE...
Making informed decisions

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?
  Ken Davies, E.A., C.E.B.S., B.S.; Retirement Programs Manager, MIT
• Part Two: Will It All Add Up?
  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

LEARN MORE & SIGN UP AT
hrweb.mit.edu/worklife

FOLLOW US @MITWORKLIFE