



WORK-LIFE...  
**Creating the life  
we want to live**

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.P.D.T.-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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# FINANCIAL WELL-BEING... Your lifelong investment

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?**

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# YOUNG PROFESSIONALS... Navigating your life & career

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 Succeed 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.

### **Helping Your Parent Remain at Home with Dignity and Independence**

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.

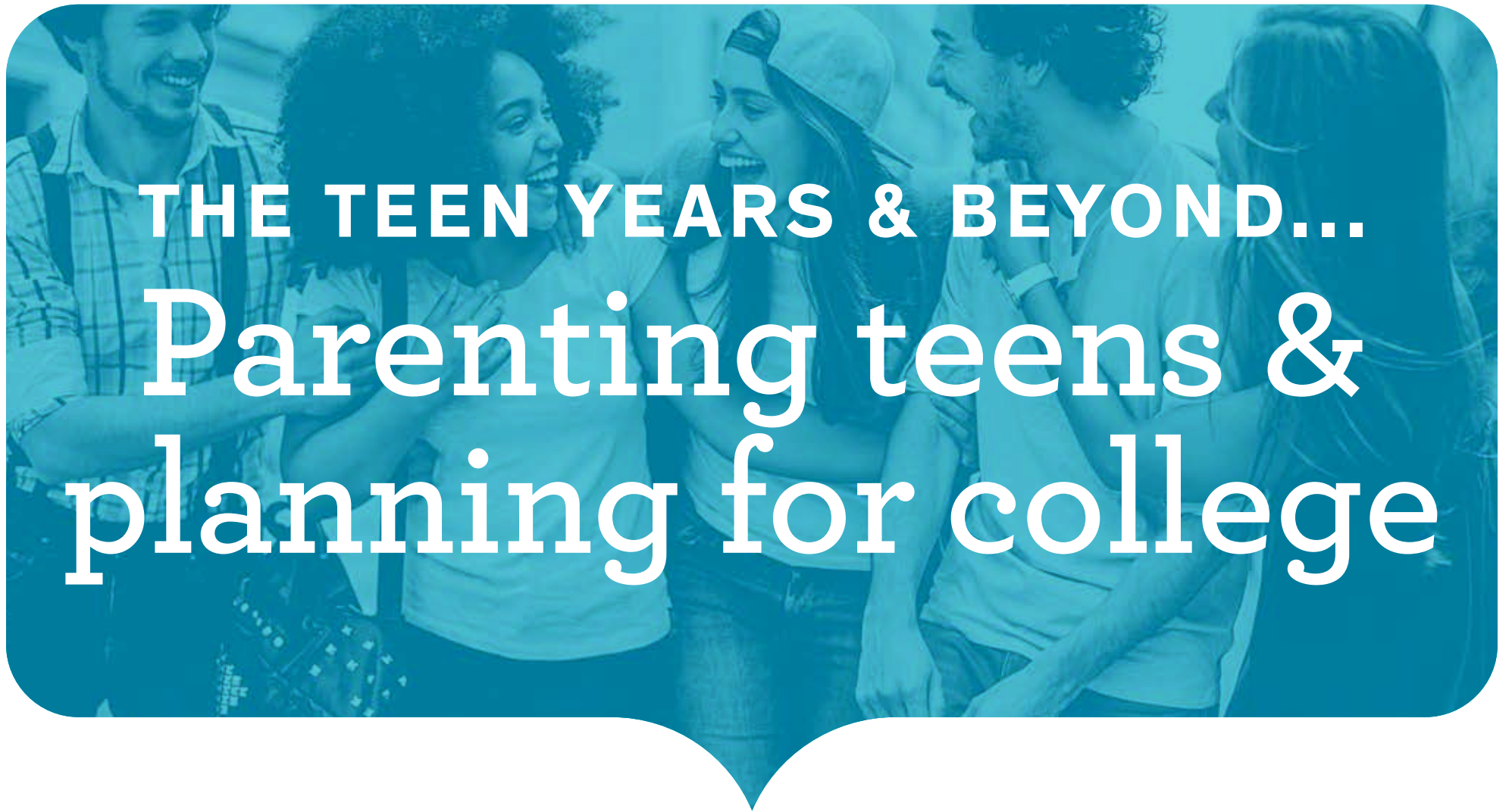
### **Caregiver Support Group: Caring for an Aging Family Member**

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

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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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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?**
- **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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