WORK-LIFE...
Creating the life you want to live

September 26
12:00 – 1:30 p.m.
Buying Your First Home: What You Need to Know
Linda Jason, J.D., M.Ed.; Real Estate Lawyer and Educator

October 16
12:00 – 1:30 p.m.
Fixing Our Broken Sleep
Rick Clerici, C.HT., C.S.E.; Director, Clear Mind Systems

October 24
12:00 – 1:30 p.m.
Perimenopause to Menopause...Everything You Need to Know
Cecilia Warpinski Stuopis, M.D.; Gynecologist and Medical Director, MIT Medical

October 26
12:00 – 1:30 p.m.
Practicing Mindfulness for Awareness, Wellness, and Connection
Gretchen Ki Steidle, M.B.A.; Founder and President, Global Grassroots and the Conscious Social Change Initiative

October 30
12:00 – 1:30 p.m.
The Power of Resilience: Inspirational Stories of Overcoming Hardship
Daniel Jackson, Ph.D.; Professor of Electrical Engineering and Computer Science, MIT

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FINANCIAL WELL-BEING...
Your lifelong investment

September 12
12:00 – 1:30 p.m.
Lattes, Loans, and Life Decisions: Developing Healthy Financial Behaviors
Jimmy Becker, M.B.A.; Founder, Financially Speaking

September 26
12:00 – 1:30 p.m.
Buying Your First Home: What You Need to Know
Linda Jason, J.D., M.Ed.; Real Estate Lawyer and Educator

October 10
12:00 – 1:30 p.m.
Estate Planning Basics
Patricia C. D'Agostino, J.D.; Partner, Margolis & Bloom, LLP

November 14
12:00 – 1:30 p.m.
Paying for College: Knowing the Options
Jeanne Mahan, M.A.; Senior Manager, College Finance, College Coach

December 5
12:00 – 1:30 p.m.
Student Loan Repayment Strategies
Jeanne Mahan, M.A.; Senior Manager, College Finance, College Coach
### Fall 2018 Seminar Series

#### September 26
12:00 – 1:30 p.m.

**Buying Your First Home: What You Need to Know**  
Linda Jason, J.D., M.Ed.; Real Estate Lawyer and Educator

#### October 2
5:00 – 7:00 p.m.

**Taking Control: Time Management Techniques That Work**  
Scott Rolph, M.A.; Talent Development Consultant, MIT Human Resources  
*Dinner will be available beginning at 5:00 p.m.*

#### October 11

October 25
4:30 – 5:45 p.m.

**Career Workshop Series—Build a Meaningful Career: Discover Yourself, Find Possibilities, and Create Your Action Plan**  
Jennifer Earls, M.Ed.; Career Counselor and Founder, Dance with Life Consulting

#### November 7
5:00 – 7:00 p.m.

**Making It All Add Up: Your Big Financial Decisions**  
Steven Dimitriou, A.I.F., Q.P.F.C.; Managing Partner, Mayflower Advisors  
*Dinner will be available beginning at 5:00 p.m.*

#### November 27
12:00 – 1:30 p.m.

**Think Big: Identify Goals and Set Priorities**  
Anna Robinson, M.A., WLCP®, SHRM-CP

#### December 5
12:00 – 1:30 p.m.

**Student Loan Repayment Strategies**  
Jeanne Mahan, M.A.; Senior Manager, College Finance, College Coach

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*Presented in collaboration with the Office of the Vice President for Research and Millennials ERG*

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PARENTING...
A little help figuring it out

September 20
12:00 – 1:30 p.m.
Get Involved: Enter the Digital Universe of Your Tween/Teen
Jill Walsh, Ph.D., M.P.A.; Researcher and Lecturer, Boston University

September 27
12:00 – 1:30 p.m.
Quality Time: Using Play to Support Your Child’s Learning and Development
Kori Bardige, MS.Ed.; Early Childhood Special Education Consultant and Founder, Learning Circle Consulting

November 6
12:00 – 1:30 p.m.
Raising Bilingual Children
Suzanne Flynn, Ph.D.; Professor of Linguistics and Language Acquisition, MIT

Monthly
12:00 – 1:30 p.m.
Choosing Quality Child Care
Kathy Kasabula, B.A.; Child Care Operations Administrator, MIT Work-Life Center

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CARING FOR AGING PARENTS…

What worries you the most?

October 4
12:00 – 1:30 p.m.
Caring for Loved Ones with Alzheimer’s and Dementia
Jody Gastfriend, L.I.C.S.W.; Vice President, Senior Care Services, Care.com

October 10
12:00 – 1:30 p.m.
Estate Planning Basics
Patricia C. D’Agostino, J.D.; Partner, Margolis & Bloom, LLP

Monthly
12:00 – 1:30 p.m.
Choosing Quality Senior Care
Work-Life Center Staff

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<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Event</th>
<th>Facilitator(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>September 20</td>
<td>12:00 – 1:30 p.m.</td>
<td>Get Involved: Enter the Digital Universe of Your Tween/Teen</td>
<td>Jill Walsh, Ph.D., M.P.A.; Researcher and Lecturer, Boston University</td>
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<tr>
<td>October 3</td>
<td>12:00 – 1:30 p.m.</td>
<td>Planning for College: Maximizing Your Child’s Success</td>
<td>Julia Jones, M.A.; Senior Manager, Educational Counseling, College Coach</td>
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<tr>
<td>November 14</td>
<td>12:00 – 1:30 p.m.</td>
<td>Paying for College: Knowing the Options</td>
<td>Jeanne Mahan, M.A.; Senior Manager, College Finance, College Coach</td>
</tr>
<tr>
<td>November 15</td>
<td>3:00 – 4:00 p.m.</td>
<td>Tax Breaks for Parents Paying for College (Webinar)</td>
<td>Katharine Ruby, M.A.; Senior Manager, College Finance, College Coach</td>
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</table>

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RETIRED SENSE...
Making informed decisions

September 25
12:00 – 1:30 p.m.
Preparation for a Happy and Successful Retirement
Richard Dufresne, M.S.W., L.I.C.S.W.; Founder and Principal Consultant, Alliance Consulting HRD

October 10
12:00 – 1:30 p.m.
Estate Planning Basics
Patricia C. D’Agostino, J.D.; Partner, Margolis & Bloom, LLP

October 17
November 28
12:00 – 1:30 p.m.
Making Informed Retirement Planning Decisions: A Two-Part Series
• Part One: When Can I Afford to Retire?
  Steven Dimitriou, A.I.F., Q.P.F.C.; Managing Partner, Mayflower Advisors
  Ken Davies, E.A., C.E.B.S., B.S.; Retirement Programs Manager, MIT
• Part Two: Will It All Add Up?

October 31
12:00 – 1:30 p.m.
Then What? Planning for a Fulfilling Life After Full-Time Work
Judy Elkin, M.Ed., P.C.C.; Professional and Personal Coach

Presented in collaboration with MIT Benefits

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