## Personal Well-Being...

**Prioritize your health & happiness**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Speaker</th>
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<tr>
<td>March 20</td>
<td>Eating Healthy on a Budget</td>
<td>Heidi Roth, RD, LDN, B.S.; Owner, Heidi Roth Nutrition</td>
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<tr>
<td>April 3</td>
<td>The Real Impact of Opioid Abuse on Individuals, Families, and Communities*</td>
<td>Marian Ryan, J.D.; District Attorney, Middlesex County</td>
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<tr>
<td>April 25</td>
<td>Pathways to Happiness: Focusing on What Matters (A Two-Part Series)*</td>
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<tr>
<td>May 3</td>
<td>Putting Positivity into Practice</td>
<td>Bara Litman, Psy.D.; Program Manager, MIT Work-Life Center</td>
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<td>May 7</td>
<td>Picking Your Pup: Choosing the Best Dog for Your Lifestyle</td>
<td>Amanda Leef, D.V.M.; Veterinarian and Owner, Heal Veterinary Clinic</td>
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<td>Melissa McCue-McGrath, C.P.D.T.-K.A.; Co-Training Director, New England Dog Training Club</td>
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<tr>
<td>May 8</td>
<td>Tick-Talk: Tips for Preventing Lyme Disease and Other Tick-Borne Diseases*</td>
<td>Howard M. Heller, M.D., M.P.H.; Chief Medical Officer, Binx Health and Infectious Disease Consultant, MIT Medical and Massachusetts General Hospital</td>
</tr>
<tr>
<td>May 9</td>
<td>Opioid Abuse: Warning Signs and Action Steps*</td>
<td>Joanne Peterson; Founder and Executive Director, Learn to Cope Inc.</td>
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</tbody>
</table>

*Presented in collaboration with MIT Medical and Community Wellness

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**Learn More & Sign Up At**

hr.mit.edu/worklife
Eating Healthy on a Budget
Heidi Roth, RD, LDN, B.S.; Owner, Heidi Roth Nutrition

Money Smart: Raising Finance-Wise Kids
Jeanne Mahan, M.A.; Senior Manager of College Finance, Bright Horizons Education & College Advising

Lattes, Loans, and Life Decisions: Developing Healthy Financial Behaviors
Jimmy Becker, M.B.A.; Founder, Financially Speaking

Saving for College: The Importance of Getting an Early Start
Shannon Vasconcelos, M.A.; Senior Manager of College Finance, Bright Horizons Education & College Advising

Understanding the Legal Landscape of Aging
Patricia C. D'Agostino, J.D.; Partner, Margolis & Bloom, LLP

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

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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YOUNG PROFESSIONALS...
Navigating your life & career

March 12
March 19
12:00 – 1:00 p.m.
Create Your Professional Narrative: Storytelling for Career Confidence
(A Two-Part Workshop)
Kirsty Bennett, M.A.; Manager, MIT Women’s League

March 20
12:00 – 1:30 p.m.
Eating Healthy on a Budget
Heidi Roth, RD, LDN, B.S.; Owner, Heidi Roth Nutrition

April 2
12:00 – 1:30 p.m.
Lattes, Loans, and Life Decisions: Developing Healthy Financial Behaviors
Jimmy Becker, M.B.A.; Founder, Financially Speaking

April 16
5:00 – 7:00 p.m.
Making It All Add Up: How Life Decisions Impact Your Financial Well-Being
Steven Dimitriou, A.I.F., Q.P.F.C.; Managing Partner, Mayflower Advisors
Dinner will be available beginning at 5:00 p.m.

April 30
5:00 – 7:00 p.m.
Dating: Get Honest About What You Really Want
Vienna Rothberg, M.S.W., M.P.H.; Peer Education and Prevention Specialist, MIT Violence Prevention and Response
Dinner will be available beginning at 5:00 p.m.

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

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<tr>
<td>March 28</td>
<td>12:00 – 1:30 p.m.</td>
<td>Money Smart: Raising Finance-Wise Kids</td>
<td>Jeanne Mahan, M.A.; Senior Manager of College Finance, Bright Horizons Education &amp; College Advising</td>
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<td>April 9</td>
<td>12:00 – 1:30 p.m.</td>
<td>Saving for College: The Importance of Getting an Early Start</td>
<td>Shannon Vasconcelos, M.A.; Senior Manager of College Finance, Bright Horizons Education &amp; College Advising</td>
</tr>
<tr>
<td>May 1</td>
<td>12:00 – 1:30 p.m.</td>
<td>Countdown to Kindergarten: Making a Successful Transition</td>
<td>Deborah Weinstock-Savoy, Ph.D.; Psychologist and Consultant</td>
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<td>May 8</td>
<td>12:00 – 1:30 p.m.</td>
<td>Tick-Talk: Tips for Preventing Lyme Disease and Other Tick-Borne Diseases</td>
<td>Howard M. Heller, M.D., M.P.H.; Chief Medical Officer, Binx Health and Infectious Disease Consultant, MIT Medical and Massachusetts General Hospital</td>
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<tr>
<td>Monthly</td>
<td>12:00 – 1:30 p.m.</td>
<td>Choosing Quality Child Care</td>
<td>Kathy Kasabula, B.A.; Program Specialist, MIT Work-Life Center</td>
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CARING FOR AGING PARENTS...

What worries you the most?

- **March 26**
  - **Who Will Take Care of Me? Plan Ahead for Your Later Years**
    - Jody Gastfriend, L.I.C.S.W.; Vice President, Senior Care Services, Care.com
  
- **April 10**
  - **Understanding the Legal Landscape of Aging**
    - Patricia C. D'Agostino, J.D.; Partner, Margolis & Bloom, LLP

- **May 7**
  - **Important Resources for Family Caregivers (Webinar)**

- **August 6**
  - **Alzheimer's Disease and Dementia: Caregiving Challenges and Strategies (Webinar)**

- **Monthly**
  - **Choosing Quality Senior Care**
    - Elizabeth Guttenberg, L.C.S.W.; Work-Life Administrator, MIT

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THE TEEN YEARS & BEYOND…

Parenting teens & planning for college

March 14
12:00 – 1:30 p.m.

**Majors to Careers: Supporting Your Teen’s Career Development**
Sally Ganga, M.A.; Director of Educational Counseling, Bright Horizons Education and College Advising

April 9
12:00 – 1:30 p.m.

**Saving for College: The Importance of Getting an Early Start**
Shannon Vasconcelos, M.A.; Senior Manager of College Finance, Bright Horizons Education & College Advising

April 23
12:00 – 1:30 p.m.

**Successful College Scholarship Strategies**
Jan Combs, Ed.M.; Senior Manager, College Finance, Bright Horizons Education and College Advising

May 15
12:30 – 1:30 p.m.

**Before You Borrow: Exploring College Finance Options (Webinar)**
Beth Feinberg Keenan, M.B.A.; Senior Manager, College Finance, Bright Horizons Education & College Advising

May 16
12:00 – 1:30 p.m.

**U.S. College Admissions 101**
Stuart Schmill, '86; Dean of Admissions & Student Financial Services, MIT

June 5
3:00 – 4:00 p.m.

**Supporting Your Child's LGBTQ Identity (Webinar)**
Stacey Harris, J.D.; Associate Director, Disability Services, Boston University

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RETIREMENT SENSE...
Making informed decisions

Making Informed Retirement Planning Decisions (A Two-Part Series)*
• Part One: When Can I Afford to Retire?
• Part Two: Will It All Add Up?
  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

Who Will Take Care of Me? Plan Ahead for Your Later Years
Jody Gastfriend, L.I.C.S.W.; Vice President, Senior Care Services, Care.com

Understanding the Legal Landscape of Aging
Patricia C. D’Agostino, J.D.; Partner, Margolis & Bloom, LLP

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

*Presented in collaboration with MIT Benefits

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