**PERSONAL WELL-BEING...**

**Prioritize your health & happiness**

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<tr>
<th>Date</th>
<th>Event</th>
<th>Speaker(s)</th>
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<tr>
<td>March 20</td>
<td><strong>Eating Healthy on a Budget</strong></td>
<td>Heidi Roth, RD, LDN, B.S.; Owner, Heidi Roth Nutrition</td>
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<tr>
<td>April 3</td>
<td><strong>The Real Impact of Opioid Abuse on Individuals, Families, and Communities</strong></td>
<td>Marian Ryan, J.D.; District Attorney, Middlesex County</td>
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<td>May 3</td>
<td><strong>Putting Positivity into Practice</strong></td>
<td>Bara Litman, Psy.D.; Program Manager, MIT Work-Life Center</td>
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<td>May 7</td>
<td><strong>Picking Your Pup: Choosing the Best Dog for Your Lifestyle</strong></td>
<td>Amanda Leef, D.V.M.; Veterinarian and Owner, Heal Veterinary Clinic</td>
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<tr>
<td>May 8</td>
<td><strong>Tick-Talk: Tips for Preventing Lyme Disease and Other Tick-Borne Diseases</strong></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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<td>May 9</td>
<td><strong>Opioid Abuse: Warning Signs and Action Steps</strong></td>
<td>Joanne Peterson, Founder and Executive Director, Learn to Cope Inc.</td>
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*Presented in collaboration with MIT Medical and Community Wellness*
FINANCIAL WELL-BEING...

Your lifelong investment

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

March 28
12:00 – 1:30 p.m.
Money Smart: Raising Finance-Wise Kids
Jeanne Mahan, M.A.; Senior Manager of College Finance, Bright Horizons Education & College Advising

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 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 10
12:00 – 1:30 p.m.
Understanding the Legal Landscape of Aging
Patricia C. D’Agostino, J.D.; Partner, Marquis & Bloom, LLP

April 17
12:00 – 1:30 p.m.
Optimizing Your Social Security Benefit
Francine Kolias, B.A.; Social Security Consultant and Educator

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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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

March 28
12:00 – 1:30 p.m.
Money Smart: Raising Finance-Wise Kids
Jeanne Mahan, M.A.; Senior Manager of College Finance, Bright Horizons Education & 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

May 1
12:00 – 1:30 p.m.
Countdown to Kindergarten: Making a Successful Transition
Deborah Weinstock-Savoy, Ph.D.; Psychologist and Consultant

May 8
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.; Chief Medical Officer, Binx Health and Infectious Disease Consultant, MIT Medical and Massachusetts General Hospital

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

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CARING FOR AGING PARENTS...

What worries you the most?

March 26
12:00 – 1:30 p.m.

Who Will Take Care of Me? Plan Ahead for Your Later Years
Jody Gastfriend, LICSW; Vice President, Senior Care Services, Care.com

April 10
12:00 – 1:30 p.m.

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

May 7
1:00 – 2:00 p.m.

Important Resources for Family Caregivers (Webinar)

August 6
1:00 – 2:00 p.m.

Alzheimer's Disease and Dementia: Caregiving Challenges and Strategies (Webinar)

Monthly
12:00 – 1:30 p.m.

Choosing Quality Senior Care
Elizabeth Guttenberg, LICSW; 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

March 13
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?
  Steven Dimitriou, A.I.F., Q.F.F.C.; Managing Partner, Mayflower Advisors
  Ken Davies, E.A., C.E.B.S., B.S.; Retirement Programs Manager, MIT

March 26
12:00 – 1:30 p.m.

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
12:00 – 1:30 p.m.

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

April 17
12:00 – 1:30 p.m.

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

*Presented in collaboration with MIT Benefits

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