<table>
<thead>
<tr>
<th>Date</th>
<th>Event Title</th>
<th>Presenter(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>March 20</td>
<td>Eating Healthy on a Budget</td>
<td>Heidi Roth, RD, LDN, B.S.; Owner, Heidi Roth Nutrition</td>
</tr>
<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>
</tr>
</tbody>
</table>
| April 11  | Pathways to Happiness: Focusing on What Matters (A Two-Part Series)*        | • Part One: Pathways to Well-Being  
• Part Two: Pathways to Joy  
Joan Klagsbrun, Ph.D.; Certifying Coordinator, Focusing-Oriented Psychotherapist and Focusing Trainer, The International Focusing Institute |
| April 25  | Pathways to Happiness: Focusing on What Matters (A Two-Part Series)*        |                                                                                                                                                                                                             |
| May 3     | Putting Positivity into Practice                                             | Bara Litman, Psy.D.; Program Manager, MIT Work-Life Center                                                                                                                                                    |
| May 7     | 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.PDT.-K.A.; Co-Training Director, New England Dog Training Club                                                                                                                         |
| May 8     | 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                                                                |
| May 9     | Opioid Abuse: Warning Signs and Action Steps*                               | Joanne Peterson; Founder and Executive Director, Learn to Cope Inc.                                                                                                                                             |

*Presented in collaboration with MIT Medical and Community Wellness

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
Stacey MacPhetres, M.A.; Director 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

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

FOLLOW US @MITWORKLIFE
Create Your Professional Narrative: Storytelling for Career Confidence (A Two-Part Workshop)
Kirsty Bennett, M.A.; Manager, MIT Women’s League

Eating Healthy on a Budget
Heidi Roth, RD, LDN, B.S.; Owner, Heidi Roth Nutrition

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

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

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

Presented in collaboration with the Office of the Vice President for Research and Millennials ERG
March 28
12:00 – 1:30 p.m.

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

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

FOLLOW US @MITWORKLIFE
<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Speaker(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>March 26</td>
<td>Who Will Take Care of Me? Plan Ahead for Your Later Years</td>
<td>Jody Gastfriend, L.I.C.S.W.; Vice President, Senior Care Services, Care.com</td>
</tr>
<tr>
<td>April 10</td>
<td>Understanding the Legal Landscape of Aging</td>
<td>Patricia C. D'Agostino, J.D.; Partner, Margolis &amp; Bloom, LLP</td>
</tr>
<tr>
<td>May 7</td>
<td>Important Resources for Family Caregivers (Webinar)</td>
<td></td>
</tr>
<tr>
<td>August 6</td>
<td>Alzheimer's Disease and Dementia: Caregiving Challenges and Strategies (Webinar)</td>
<td></td>
</tr>
<tr>
<td>Monthly</td>
<td>Choosing Quality Senior Care</td>
<td>Elizabeth Guttenberg, L.C.S.W.; Work-Life Administrator, MIT</td>
</tr>
</tbody>
</table>

LEARN MORE & SIGN UP AT [hr.mit.edu/worklife](http://hr.mit.edu/worklife)
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

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

FOLLOW US @MITWORKLIFE
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

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

FOLLOW US @MITWORKLIFE