PERSONAL WELL-BEING…
Prioritize your health & happiness

March 10  
March 17  
March 24  
12:00 – 1:30 p.m.
**Mindfulness and Interpersonal Relationships (A Three-Part Workshop Series)**  
Paul Fulton, Ed.D.; Founding Member, Institute for Meditation and Psychotherapy

March 19  
12:00 – 1:30 p.m.
**Our Everyday Environment: Sustainable Practices for a Healthier Life**  
Lora Babb, M.E.L.P.; Sustainable Economies Program Manager, Manomet

March 25  
12:00 – 1:30 p.m.
**How to Make Healthy Eating a Habit**  
Heidi Roth, R.D., L.D.N., B.S.; Owner, Heidi Roth Nutrition

April 15  
12:00 – 1:30 p.m.
**Pathways to Happiness: Focusing on What Matters**  
Joan Klagsbrun, Ph.D.; Certifying Coordinator, Focusing-Oriented Psychotherapist and Focusing Trainer, The International Focusing Institute

May 14  
12:00 – 1:30 p.m.
**Stop Stress, Build Resilience**  
Jim Porter, M.A.L.S.; CEO, StressStop

Details and Registration at hr.mit.edu/worklife/seminars
FINANCIAL WELL-BEING...
Your lifelong investment

March 18
12:00 – 1:30 p.m.
Living Your Life and Managing Your Debts
Jimmy Becker, M.B.A.; Founder, Financially Speaking

March 24
12:30 – 1:30 p.m.
Understanding, Negotiating, and Appealing Financial Aid and Merit Scholarship Offers (Webinar)
Stacey MacPhetres, M.A.; Director of College Finance, Bright Horizons College Advising

April 29
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

May 5
12:00 – 1:30 p.m.
Before You Borrow: Exploring Your College Finance Options
Jeanne Mahan, M.A.; Senior Manager of College Finance, Bright Horizons College Advising

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March 18
12:00 – 1:30 p.m.
Living Your Life and Managing Your Debts
Jimmy Becker, M.B.A.; Founder, Financially Speaking

March 19
12:00 – 1:30 p.m.
Our Everyday Environment: Sustainable Practices for a Healthier Life
Lora Babb, M.E.L.P.; Sustainable Economies Program Manager, Manomet

April 1
5:00 – 7:00 p.m.
Investing 201: Continuing the Conversation
Steven Dimitriou, A.I.F., Q.P.F.C.; Managing Partner, Mayflower Advisors
Dinner will be available beginning at 5:00 p.m.

April 28
5:00 – 7:00 p.m.
Breaking Through the Gridlock: The Power of Conversation in a Polarized World
Jason Jay, M.Ed., Ph.D.; Senior Lecturer and Director, MIT Stoan Sustainability Initiative
Dinner will be available beginning at 5:00 p.m.

April 29
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

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

Details and Registration at hr.mit.edu/worklife/seminars
Understanding the MCAS: Support Your Child’s Success
Chris Espinoza, M.A.; Navigator, EdNavigator
Elysa Severinghaus, B.A.; Master Navigator, EdNavigator

End-of-Year Review: Evaluate Your Child’s Progress in School
Chris Espinoza, M.A.; Navigator, EdNavigator
Elysa Severinghaus, B.A.; Master Navigator, EdNavigator

Spring into Fall: Plan Your Child’s Summer Learning
Chris Espinoza, M.A.; Navigator, EdNavigator
Elysa Severinghaus, B.A.; Master Navigator, EdNavigator

Choosing Quality Child Care
Kathy Kasabula, B.A.; Program Specialist, MIT Work-Life Center

Details and Registration at hr.mit.edu/worklife/seminars
CARING FOR AGING PARENTS...
What worries you the most?

March 31
12:00 – 1:30 p.m.
Overcome the Help Hurdle: Manage Reluctance with Care and Compassion
Chandi Dietmer, L.I.C.S.W.; Care Advisor, Care@Work Adult and Senior Care Advising

April 16
12:00 – 1:30 p.m.
Medicare ABCs (and Ds): Everything You Need to Know
Francine Kollias, B.A.; Social Security Consultant and Educator

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

August 4
1:00 – 2:00 p.m.
Choosing the Right Care Providers for Your Loved Ones (Webinar)
Care@Work Adult and Senior Care Advising

Details and Registration at hr.mit.edu/worklife/seminars
<table>
<thead>
<tr>
<th>Date</th>
<th>Topic</th>
<th>Speaker/Details</th>
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</thead>
<tbody>
<tr>
<td>March 12</td>
<td>SAT &amp; ACT: Which Is Right for My Child? (Webinar)</td>
<td>Allie Kirchner; Senior Academic Advisor, Revolution Prep</td>
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<tr>
<td>March 24</td>
<td>Understanding, Negotiating, and Appealing Financial Aid and Merit Scholarship Offers (Webinar)</td>
<td>Stacey MacPhetres, M.A.; Director of College Finance, Bright Horizons College Advising</td>
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<tr>
<td>March 31</td>
<td>Alternatives to a Four-Year Degree (Webinar)</td>
<td>Tova Tolman, M.A.; Director of Educational Counseling, Bright Horizons College Advising</td>
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<tr>
<td>April 8</td>
<td>Preparing for Today’s SAT (Webinar)</td>
<td>Megan Stubbendeck, M.A., Ph.D.; Managing Director of Operations, ArborBridge</td>
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<td>April 14</td>
<td>Finding the Right Fit: Creating the Best College List</td>
<td>Christine Kenyon, M.A.; Director of Educational Counseling, Bright Horizons College Advising</td>
</tr>
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<td>May 5</td>
<td>Before You Borrow: Exploring Your College Finance Options</td>
<td>Jeanne Mahan, M.A.; Senior Manager of College Finance, Bright Horizons College Advising</td>
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<tr>
<td>May 5</td>
<td>Admission to the Ivies and Other Highly Selective Schools: Strategies for Success (Webinar)</td>
<td>Becky Leichtling, M.A.; Senior Manager of Educational Consulting, Bright Horizons College Advising</td>
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</tbody>
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Details and Registration at hr.mit.edu/worklife/seminars
Making Informed Retirement Planning Decisions (A Two-Part Seminar 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

Medicare ABCs (and Ds): Everything You Need to Know
  Francine Kollias, B.A.; Social Security Consultant and Educator

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

Presented in collaboration with MIT Benefits

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