SPRING 2011 WORKSHOPS

Events free of charge; walk-ins welcome, space permitting

ADULT & ELDER CARE

Introduction to Medicare
Tuesday, February 8 | 12:00-1:00 p.m.
Low Library, Trustees Room

Understanding Medicaid
Wednesday, February 16 | 12:00-1:00 p.m.
Low Library, Trustees Room

Retaining Legal Control
Over Important Life Decisions
Tuesday, April 12 | 12:00-1:00 p.m.
Low Library, Trustees Room

Getting the Most Out of Life
When You Retire
Monday, April 18 | 12:00-1:00 p.m.
Low Library, Trustees Room

CHILD CARE

Child Care Choices:
Nanny Necessities
Wednesday, March 9 | 12:00-1:00 p.m.
516 W. 112th St. between Amsterdam and Broadway

Child Care Choices: Focus
on Day Care & Nursery Schools
Wednesday, April 6 | 12:00-1:00 p.m.
516 W. 112th St. between Amsterdam and Broadway

PARENTING

Choosing a Summer Program
for Your Children and Teens
Wednesday, February 16 | 12:00-1:00 p.m.
516 W. 112th St. between Amsterdam and Broadway

Safety and Prevention, CPR, and
Basic First Aid for Infants and Children
Wednesday, March 2 | 4:00-6:30 p.m.
516 W. 112th St. between Amsterdam and Broadway
Thursday, April 28 | 6:00-8:30 p.m.
CUMC Nursery School, 61 Haven Avenue

Breastfeeding Matters
Monday, April 11 | 3:00-5:00 p.m.
Low Library, Trustees Room

SCHOOLING

Getting a Head Start on the Independent
School Kindergarten Admissions Process
Monday, February 14 | 12:00-1:00 p.m.
516 W. 112th St. between Amsterdam and Broadway

Effectively Advocating for
Your Child with Special Needs
Wednesday, March 23 | 5:30-7:00 p.m.
516 W. 112th St. between Amsterdam and Broadway

College Planning Information Session
Tuesday, May 3 | 5:30-7:00 p.m
516 W. 112th St. between Amsterdam and Broadway

HOUSING

The Process of Purchasing a Property
Wednesday, February 16 | 5:30-7:00 p.m.
516 W. 112th St. between Amsterdam and Broadway

How Do I Obtain a Mortgage …
And Can I Afford It?
Tuesday, March 29 | 5:30-7:00 p.m.
516 W. 112th St. between Amsterdam and Broadway

FLEXIBLE WORK

How to Make “Flex” Work:
By and For Managers & Supervisors
Monday, March 7 | 12:00-1:00 p.m.
Uris Hall, Calder Lounge, 1st Floor

WELLNESS

Weight Watchers “At Work”
Open House
Wednesday, February 2 | 12:15-1:00 p.m.
Low Library, Trustees Room

Relax: A Workshop on
Tension Reduction Techniques
Monday, March 21 | 12:00-1:00 p.m.
Low Library, Trustees Room

Are Grapes Fattening?
Addressing Nutrition Myths & Facts
Thursday, March 24 | 12:00-1:00 p.m.
Low Library, Trustees Room

To register, and for more information about these events and wellness programs offered this spring: http://worklife.columbia.edu