COLUMBIA UNIVERSITY

WORK | LIFE

SPRING 2017 *Workshops & Programs*

AGING & ADULT/ELDER CARE

Establishing and Retaining Legal Control Over Important Life Decisions

Tuesday, April 25 | 12:00-1:30 p.m. | Morningside

EARLY EDUCATION, CHILD CARE & PARENTING

Group Early Education and Child Care Options for Children Under 5

Wednesday, February 8 | 12:00-1:00 p.m. | Morningside

Breastfeeding Basics: For Home and Work/School

Monday, March 6 | 3:00-5:00 p.m. | Morningside

In-Home Child Care: A Focus on Nanny Necessities

Tuesday, March 7 | 12:00-1:00 p.m. | Morningside

A Baby Shower for New and Expectant Parents: Babies Born in 2016-17 and 2017-18

Thursday, May 4 | 4:30-6:00 p.m. | Morningside

HOUSING

The Process of Purchasing a Property

Thursday, February 9 | 5:30-7:00 p.m. | Morningside
Friday, March 10 (condensed version) | 12:00-1:00 p.m. | Manhattanville

How to Obtain a Mortgage...And Can I Afford It?

Thursday, February 23 | 5:30-7:00 p.m. | Morningside

Small Spaces - How to Live in One!

Wednesday, April 5 | 12:00-1:00 p.m. | Morningside

Cut the Clutter and Get Organized

Wednesday, April 19 | 12:00-1:00 p.m. | Morningside

SCHOOLING

Public and Private High School Admissions Process: An Overview with Q&A Session

Tuesday, April 4 | 5:30-7:00 p.m. | Morningside

College Planning Information Session (for parents of high school students)

Tuesday, May 2 | 5:30-7:00 p.m. | Morningside

WELLNESS

Weight Watchers at Work

FREE INFORMATION SESSION
Monday, January 23 | 12:15-1:00 p.m. | Morningside
Wednesday, January 25 | 5:00-6:00 p.m. | CUMC
WEEKLY MEETINGS (Fee)

Mindfulness Meditation Alumni Group

Mondays, January 23, February 27, March 20, April 24
5:30-6:30 p.m. | Morningside (Fee)

Mindfulness Training for Stress Reduction

FREE INTRO SESSION
Tuesday, February 7 | 5:30-7:00 p.m | Manhattanville
SEVEN-WEEK TRAINING (Fee)

Time for Lunch, the Eat 5 Way

Wednesday, February 15 | 12:00-1:00 p.m. | CUMC
Thursday, February 16 | 12:00-1:00 p.m. | Morningside

Weighing Your Options: A Weight Management Panel Discussion

Wednesday, March 8 | 12:00-1:00 p.m.| Morningside

Tips for a Good Night's Sleep

Thursday, March 9 | 12:00-1:00 p.m. | Morningside

Family Cycling 101

Tuesday, April 4 | 12:00-1:00 p.m.| Morningside

Walk to Wellness

KICK-OFF FITNESS ASSESSMENT
Monday, April 24 | 1:00-2:00 p.m. | CUMC and Morningside
Tuesday, April 25 | 1:00-2:00 p.m. | Manhattanville
WALKS
Mondays & Wednesdays | 1:00-2:00 p.m. | CUMC and Morningside
Tuesdays & Thursdays | 1:00-2:00 p.m. | Manhattanville

The Mindfulness Experience

Tuesday, May 23 | 12:00-1:00 p.m. | CUMC

Ergonomic Workstation Set-Up

Monthly | 11:00 a.m.-12:00 p.m.
CUMC, Manhattanville, Morningside (rotating basis)

ADDITIONAL WORKSHOP

Flexible Work Arrangements

Tuesday, February 7 | 12:00-1:00 p.m. | Morningside

Workshops are free of charge unless otherwise noted. Walk-ins are welcome.

To register and for information: worklife.columbia.edu.

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