



## SPRING 2018

## Workshops & Programs

### AGING & ADULT/ELDER CARE

Establishing and Retaining Legal Control  
Over Important Life Decisions

Tuesday, January 30 | 12:00-1:00 p.m. | CUMC

What You Need to Know About  
Alzheimer's and Dementia

Wednesday, March 21 | 12:00-1:30 p.m. | Morningside

### EARLY EDUCATION, CHILD CARE & PARENTING

Group Early Education and Child Care Options  
for Children Under 5 Years

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

Breastfeeding Basics: For Home and Work/School

Thursday, February 15 | 3:00-5:00 p.m. | Morningside

In-Home Child Care:  
A Focus on Nanny Necessities

Tuesday, March 6 | 12:00-1:00 p.m. | Morningside

A Baby Shower for New and Expectant Parents:  
Babies Expected or Born in 2016, 2017 or 2018

Thursday, April 26 | 4:30-6:00 p.m. | Morningside

### HOUSING

The Process of Purchasing a Property

Thursday, March 1 | 5:30-7:00 p.m. | Morningside

Making Your Home Green & Healthy

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

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

Thursday, March 22 | 5:30-7:00 p.m. | Morningside

Small Spaces - How to Live in One!

Wednesday, April 11 | 12:00-1:00 p.m. | Morningside

Cut the Clutter and Get Organized

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

### SCHOOLING

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

Tuesday, April 10 | 5:30-7:00 p.m. | Morningside

Kindergarten Admissions 101

Tuesday, April 17 | 12:00-1:00 p.m.

Wednesday, May 2 | 12:00-1:00 p.m.

Morningside

Each workshop limited to 5 participants.

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

Tuesday, May 1 | 5:30-7:00 p.m. | Morningside

### WELLNESS

Mindful Practice

SIX-WEEK TRAINING (Fee)

Tuesdays, March 6 - April 10 | 5:30-7:00 p.m. | Morningside

Set the Dinner Table, the EAT 5 Way

Tuesday, March 13 | 12:00-12:45 p.m. | Morningside

Wednesday, March 14 | 4:00-4:45 p.m. | CUMC

Citi Bike Street Skills

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

Sounds of Well-Being: A Campus Music Break

Thursday, April 5 | 12:00-12:45 p.m.

Thursday, April 12 | 12:00-12:45 p.m.

Morningside

Walk to Wellness

KICK OFF WALKS

Monday, April 16 | 1:00-2:00 p.m. | CUMC, Morningside

Tuesday, April 17 | 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

Eat Well Columbia

Thursday, May 10 | 1:00-1:45 p.m. | Morningside

Tuesday, May 15 | 4:00-4:45 p.m. | CUMC

Weight Watchers at Work

Monthly Meetings | 5:15 - 5:45 p.m. | CUMC

Ergonomic Workstation Set-Up

Monthly | 12:00 - 1:00 p.m.

CUMC, Manhattanville, Morningside (rotating basis)

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

To register and for information: [worklife.columbia.edu](http://worklife.columbia.edu).

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