



FALL 2017

Workshops & Programs

AGING & ADULT/ELDER CARE

Introduction to Medicare

Wednesday, October 11 | 12:00-1:30 p.m. | Morningside

Caring for Aging Relatives: Resources and Strategies

Tuesday, October 31 | 12:00-1:30 p.m. | Morningside

EARLY EDUCATION, CHILD CARE & PARENTING

Annual Early Education and Child Care Fair (For Parents and Expectant Parents)

Tuesday, September 26 | 4:00-6:00 p.m. | Morningside

Group Early Education and Child Care Options for Children Ages 2 - 5

Tuesday, October 3 | 12:00-1:00 p.m. | Morningside

Group Early Education and Child Care Options for Children Under 2 Years

Wednesday, October 18 | 12:00-1:00 p.m. | Morningside

Tuesday, December 5 | 12:00-1:00 p.m. | Morningside

In-Home Child Care: A Focus on Nanny Necessities

Thursday, October 26 | 12:00-1:00 p.m. | Morningside

Breastfeeding Basics: For Home and Work/School

Thursday, November 2 | 3:00-5:00 p.m. | CUMC

HOUSING

How to Purchase and Finance a Property - From A to Z

Friday, September 15 | 12:00-2:00 p.m. | CUMC

The Process of Purchasing a Property

Thursday, October 12 | 5:30-7:00 p.m. | Morningside

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

Tuesday, November 14 | 5:30-7:00 p.m. | Morningside

SCHOOLING

Kindergarten Admissions 101

Thursday, September 14 | 12:00-1:00 p.m.

Tuesday, September 19 | 12:00-1:00 p.m.

Monday, September 25 | 12:00-1:00 p.m.

Thursday, September 28 | 12:00-1:00 p.m.

Friday, September 29 | 12:00-1:00 p.m.

Morningside

Each workshop limited to 5 participants.

WELLNESS

Walk to Wellness

KICK OFF WALKS

Monday, September 25 | 1:00-2:00 p.m. | CUMC, Morningside

Tuesday, September 26 | 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

Happiness Boosters

Wednesday, September 27 | 12:00-1:00 p.m. | Morningside

Bicycle Commuting 101

Thursday, September 28 | 12:00-1:00 p.m. | Manhattanville

Mindful Practice

FREE INTRODUCTION

Tuesday, November 14 | 5:30-7:00 p.m. | CUMC

FOUR-WEEK TRAINING (Fee)

EAT 5: Holiday Sides

Thursday, November 16 | 12:00-1:00 p.m. | Morningside

Monday, November 20 | 12:00-1:00 p.m. | CUMC

Wednesday, November 22 | 12:00-1:00 p.m. | Manhattanville

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)

ADDITIONAL WORKSHOP

Let's Go....Exploring the Tools to Travel the World

Monday, October 30 | 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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