



# FALL 2018 *Workshops & Programs*

## AGING & ADULT/ELDER CARE

### Introduction to Medicare

Wednesday, September 26 | 12:00 - 1:00 p.m. | CUIMC

### Managing Stress as a Caregiver

Wednesday, October 3 | 2:00 - 3:00 p.m. | Manhattanville

### Communications Strategies for Alzheimer's and Dementia Care

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

### Survival Tips for the Sandwich Generation

Tuesday, December 4 | 12:00 - 1:30 p.m. | Morningside

## EARLY EDUCATION, CHILD CARE & PARENTING

### In-Home Care:

#### A Focus on Nanny Necessities

Thursday, September 27 | 12:00 - 1:00 p.m. | Manhattanville

### Annual Early Education and Child Care Fair

Tuesday, October 9 | 4:00 - 6:00 p.m. | Morningside

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

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

### Breastfeeding Basics: For Home and Work/School

Wednesday, October 17 | 3:00 - 5:00 p.m. | CUIMC

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

Tuesday, October 23 | 12:00 - 1:00 p.m. | CUIMC

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

## HOUSING

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

Friday, September 21 | 12:00 - 2:00 p.m. | CUIMC

### The Process of Purchasing a Property

Thursday, October 11 | 5:30 - 7:00 p.m. | Morningside

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

Thursday, November 15 | 5:30 - 7:00 p.m. | Morningside

## SCHOOLING

### Teenagers and Anxiety

Tuesday, November 27 | 12:00 - 1:00 p.m. | Morningside

### Who is My Child as a Learner? The Elementary Years

Wednesday, November 28 | 12:00 - 1:00 p.m. | Morningside

## WELLNESS

### Tai Chi @ Work

Tuesdays & Fridays | 8:30 - 9:15 a.m. | Morningside  
September 11 - October 12  
(Fee)

### Workstation Ergonomics

Monday, September 24 | 12:00 - 1:00 p.m. | CUIMC  
Thursday, October 25 | 12:00 - 1:00 p.m. | Morningside  
Thursday, December 6 | 12:00 - 1:00 p.m. | Manhattanville

### Walk to Wellness

#### KICK OFF WALKS

Monday, October 15 | 1:00 - 2:00 p.m. | CUIMC, Morningside  
Tuesday, October 16 | 1:00 - 2:00 p.m. | Manhattanville

#### WALKS

Mondays & Wednesdays | 1:00 - 2:00 p.m. | CUIMC and Morningside  
Tuesdays & Thursdays | 1:00 - 2:00 p.m. | Manhattanville

### Baby Talk - Getting Started Planning Your Family: A Discussion with the Experts

Tuesday, October 16 | 5:30 - 7:00 p.m. | Morningside

### Snacking, The EAT 5 Way

Wednesday, October 17 | 12:00 - 12:45 p.m. | CUIMC

### Weight Watchers at Work

Wednesdays | 5:15 - 5:45 p.m. | CUIMC

## FINANCIAL WELL-BEING

### Understanding Your Credit and Managing Your Debt

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

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

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

All workshops, regardless of location, are open to Columbia affiliates. You do not need to be based on the campus where the workshop is held to participate.