



SPRING 2020 WORKSHOPS & PROGRAMS

Adult/Elder Care

Introduction to Medicare

Thursday, February 13 | 12:00 - 1:00 p.m. | CUIMC

Your Aging Parents' Finances: Signs of Trouble and Solutions for Financial Protection

Thursday, April 23 | 12:00 - 1:00 p.m. | Morningside

Early Education, Child Care & Parenting

Breastfeeding Basics: For Home and Work/School

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

Wednesday, May 6 | 3:00 - 5:00 p.m. | CUIMC

Demystifying 3-K and Pre-K

Tuesday, February 11 | 12:00 - 1:00 p.m. | Morningside

A Baby Shower for New and Expectant Parents

Tuesday, May 12 | 4:30 - 6:00 p.m. | Morningside

Housing

The Process of Purchasing a Property

Thursday, February 27 | 5:30 - 7:00 p.m. | Morningside

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

Thursday, April 2 | 5:30 - 7:00 p.m. | Morningside

Cut the Clutter and Get Organized

Wednesday April 22 | 12:00 - 1:00 p.m. | Morningside

Walking Tour of Morningside Heights

Monday April 27 | 1:00 - 3:00 p.m. | Morningside (Fee)

Schooling

Saving for College

Tuesday, March 10 | 5:30 - 6:30 p.m. | Morningside

College Planning Information Session (For Parents of High School Students)

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

Understanding College Financial Aid

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

Writing Your Best College Essay

Tuesday, July 21 | 12:30 - 1:30 p.m. | Webinar

The Common App: What You Need to Know

Thursday, August 13 | 3:00 - 4:00 p.m. | Webinar

Well-Being

Weight Control in 12 Weeks Group Program

12 Weeks, February - April | 12:00 - 1:00 p.m. (Fee)

Mondays | Morningside

Wednesdays | CUIMC

Ergonomics 101: Building a Healthier Workspace

Wednesday, February 19 | 12:00 - 12:45 p.m. | Morningside

Thursday, March 12 | 12:00 - 12:45 p.m. | Manhattanville

Tuesday, April 28 | 12:00 - 12:45 p.m. | CUIMC

Compassion Cultivation Training

8 weeks, March 3 - April 28 | 5:15 - 7:15 p.m. CUIMC (Fee)

Protecting Your Money from Cons, Frauds, and ID Theft

Thursday, March 5 | 12:00 - 1:00 p.m. | Morningside

Optimizing Energy @ Work

Wednesday, March 4 | 12:00 - 12:45 p.m. | CUIMC

Thursday, April 2 | 12:00 - 12:45 p.m. | Manhattanville

Thursday, May 7 | 12:00 - 12:45 p.m. | Morningside

Bicycle Commuting 101

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

Walk to Wellness: Walking Group & Digital Step Challenge

M/W, April 20 - May 27 | 1:00 - 2:00 p.m. | CUIMC

T/TH, April 21 - May 28 | 1:00 - 2:00 p.m. | Morningside & Manhattanville

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

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

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.