



Fall 2019 Workshops & Programs

ADULT & ELDER CARE

Maintaining Legal Control Over Important Life Decisions

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

Seven Signs Your Aging Parents Need Help: Taking Charge Without Taking Over

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

EARLY EDUCATION, CHILD CARE & PARENTING

Breastfeeding Basics: For Home and Work/School

Thursday, September 19 | 3:00 - 5:00 p.m. | CUIMC

Annual Early Education and Child Care Fair (for Parents & Expectant Parents)

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

In-Home Child Care: A Focus on Nanny Necessities

Wednesday, October 23 | 12:00 - 1:00 p.m. | Morningside

Demystifying 3-K and Pre-K

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

HOUSING

How to Purchase and Finance a Property From A to Z

Friday, September 20 | 12:00 - 2:00 p.m. | CUIMC

Walking Tour of Central Park

Thursday, October 3 | 1:00 - 3:00 p.m. | (Fee)

The Process of Purchasing a Property

Thursday, October 17 | 5:30 - 7:00 p.m. | Morningside

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

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

SCHOOLING

College Admissions: The Insider's View

Thursday, October 10 | 5:30 - 7:00 p.m. | Morningside

Parent-to-Parent School Network: It's a Party!

Thursday, November 7 | 5:30 - 6:30 p.m. | Morningside

WELLNESS

Walk to Wellness

Digital Campus Step Challenge

Challenge starts Monday, September 16

Register by Thursday, September 12

All campuses

Stretch and Strengthen Meet-Up With Columbia's Campus Ergonomist

Tuesday, September 17 | 12:00 - 12:45 p.m. | Morningside

Wednesday, November 13 | 12:00 - 12:45 p.m. | CUIMC

Real Happiness in Our Work and Academic Lives: Campus Conversations with Sharon Salzberg

Wednesday, September 18 | 12:00 - 12:50 p.m. | CUIMC

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

Wednesday, October 16 | 12:00 - 1:00 p.m. | Manhattanville

FINANCIAL WELL-BEING

Your Money and Your Life

Tuesday, October 22 | 12:00 - 1:00 p.m. | CUIMC

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.