MINDFUL MOVEMENT: YOGA FOR THE (HOME) OFFICE – MONDAYS, 6/14, 7/12, 8/16: 10:00 AM – 11:00 AM
Start your week off right with mindful meditation and some stretching led by Mary Green. The gentle stretches and postures taught in this program are designed to increase flexibility at the joints – thereby improving one’s range of motion – and also aid in relaxing the hips and lower portions of the body to increase one’s ability to sit with ease. Because this practice blends movement in the body with the breath, it is an ideal extension of mindfulness practice. No previous knowledge of yoga is necessary. Better still, this course does not require special clothing or equipment.

ALZHEIMER’S DISEASE AND DEMENTIA: CAREGIVING CHALLENGES AND STRATEGIES – THURSDAY, 6/3: 12:00 PM – 1:00 PM
There are more than 5 million Americans currently living with Alzheimer’s disease and more than 15 million family caregivers who help them in the U.S. Within the next 10 years, that number is projected to increase by 40 percent. This seminar will review the different forms of dementia, including Alzheimer’s, and signs that your loved one may have the disease. Despite the devastating nature of Alzheimer’s disease, there are supports out there that can make a difference and help you continue to connect with your mom, dad, or other family member. Learn about caregiving strategies and types of care that can improve the quality of life for both you and your loved one. Chandi Deitmer from Care@Work presents this session.

AGING WELL – WEDNESDAY, 6/9: 12:00 PM – 1:00 PM
Life expectancy is on the rise and centenarians will no longer be a rarity. While many seniors will remain active and vibrant into their 80s and 90s, others will suffer from age-related disabilities and chronic illness. With the increase in longevity, there is a growing interest in improving the health, well-being, and independence of adults as they age. As Theodore Roosevelt once said, “Old age is like everything else. To make a success of it, you’ve got to start young.” This webinar will address common risk factors of aging such as falls, isolation, and memory loss. We will also explore strategies for seniors to remain active and engaged, cope effectively with chronic conditions, and maximize quality of life as they age. Sheri LaBree from Care@Work presents this session.

HOW IMPROV CAN IMPROVE YOUR WORK + LIFE – MONDAY, 6/14: 1:00 PM – 2:00 PM
Kelly Leonard is a longtime creative executive at The Second City, the world’s premier comedy theatre, and he’s going to show us how improvisation can give individuals and groups the skills they need to succeed in the future of work. He has collaborated with behavioral scientists to identify exercises that are evidence-based and applicable in work and life. Kelly will show how to use the power of storytelling to win over audiences, and practical ways to improve collaboration, creativity, and resilience. Fun and laughter encouraged. Care@Work sponsors this session.

LET’S TALK: COMMUNICATION SKILLS FOR COUPLES – TUESDAY, 6/15: 11:00 AM – 12:00 PM
Good communication skills are key to any successful relationship and even more so for our closest relationships. Do you ever feel like you are unheard no matter how many times you try to explain yourself? Or perhaps you keep trying to discuss the same issue and end up arguing or simply sitting in silence. Do you wish conversations with your partner could be more productive? Effective communication is a skill we can learn. We will introduce you to intentional techniques that will help build and preserve a loving, respectful relationship. Gail Parsons facilitates this session from KGA.

PATHWAYS TO JOY – THURSDAY, 7/15: 12:00 PM – 1:00 PM
Positive Psychology is not about putting on a happy face that covers over our important life struggles. It is about balancing suffering with an intentional amplification of our authentic wellbeing. It is an evidenced-based approach for increasing our capacity (or our clients’ capacity) for flourishing, and for fully appreciating our lives. Appreciation matters: people who have a higher ratio of “positivity” to “negativity” have more energy and better health. KGA presents this session.

FEEDING YOUR HEAD – THURSDAY, 8/12: 12:00 PM – 1:00 PM
As stress and anxiety are becoming an increasingly common complaint, more and more research is supporting the concept that what you eat and how you feel are connected. This is especially true when it comes to your mental health, and in recognition of this, there is a new field of study called Nutritional Psychiatry. In this session, participants will learn which nutrients and foods are particularly beneficial to help keep their brain healthy, relaxed and happy! KGA presents this session.

These programs are available for free for benefits-eligible faculty and staff only.

Click “Register today!” below to be taken to the Office of Work/Life Program Calendar (Harvard Key required) for registration links.