MINDFUL MOVEMENT: YOGA FOR THE (HOME) OFFICE, with Mary Starr Green  
Every Monday, 9:00 – 9:30 a.m. and every Friday, 12:00 – 12:30 p.m.  
Start and end your week right with mindful meditation along with some gentle stretching. The stretches and postures taught in this program are designed to improve one’s range of motion by increasing flexibility at the joints, and 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.

IMPORTANT RESOURCES FOR CAREGIVERS, hosted by Care.com  
Tuesday, November 1, 1:00 – 2:00 p.m.  
Family caregivers are often confronted with a confusing array of choices. How can you sort out the various senior living arrangements, in-home services and care options, so you can determine what’s best for your loved one? How do you find the right support for yourself so you can handle your caregiving responsibilities along with everything else? This webinar will address the long-term care landscape and associated costs and how to plan ahead. It will also provide resources to support caregivers through every stage.

INTRODUCTION TO MINDFULNESS (meets the prerequisite to advanced courses), with Tara Healey and Roberval Oliveira  
Wednesday, November 2, 9:00 – 9:45 a.m.  
This program introduces the basic principles and practices of mindfulness, a concentrated state of awareness that helps people see and respond to situations with clarity. Individuals and groups who regularly employ the techniques of mindfulness in their work can monitor moment-to-moment effectiveness, respond promptly and appropriately to difficulties as they arise, and remain open to new ideas and perspectives. Participants will be introduced to meditation practices that will teach them how to be more focused, creative, and resilient in all aspects of their lives.

#SAFE SOCIAL: SOCIAL MEDIA’S IMPACT ON MENTAL HEALTH, with Bailey Parnell, Founder and CEO of Skills Camps and #SafeSocial, hosted by Care.com  
Tuesday, November 8, 12:00 – 1:00 p.m.  
Studies show the average person spends up to 6hr/day on social networking sites, and the number is even higher for kids. Social media is hard to ignore, so abstinence might not be an option, but you can still practice #SafeSocial. Adapting her TEDx talk (nearly 4M views), Bailey Parnell will illustrate how the current social media landscape impacts mental wellbeing, explain the effects it has on us and our kids, and offer five steps towards #SafeSocial.

HANDLING HOLIDAY STRESS, presented by Laura Jacobson, LICSW, CEAP, KGA Director of Clinical Services, Hosted by KGA  
Wednesday, November 9, 2:00 – 3:00 p.m.  
Holidays can be an exciting and joyful time. It can be filled with family, friends, parties and gifts. It can also be a stressful time. One that can be filled with frenzied shopping trips, difficult relatives and high expectations. You may not have close or living family, and this time of year can leave you feeling isolated and lonely. Navigating these challenging few months can be tricky, but there are ways that you can maintain a sense of calm and purpose during these roller-coaster weeks. This workshop is designed to help guide you toward a more balanced holiday season so you can enjoy the time and make the most out of this time of year.
MINDFULLY CARING FOR ELDERS, with Tara Healey  
Monday, November 14, 3:15 – 4:00 p.m.  
Our parents, older relatives, and other elders in our lives provide a rich source of wisdom, comfort, companionship, and connectedness with our history. But there are also times when the challenges of caring for an individual entering the later stages of life can seem anything but joyous. And, if we are simultaneously caring for our own children—especially in exceptional circumstances, when resources are limited, routines are disrupted, and uncertainty abounds—then the strain may become difficult to manage. Tara Healey teaches us mindfulness practice to respond to the challenges of caring for elders and others, with a special steadiness of mind, so the demands of caregiving do not overwhelm us.

MINDFUL EATING, with Greg Topakian  
Monday, November 21, 12:00 – 12:45 PM  
How often do we go to the market and end up purchasing groceries we didn’t intend to purchase? Plan to eat healthfully but find that we did not? Look in our refrigerator for a snack to meet an emotional need? Avoid food altogether for any number of reasons? Completely miss the taste and nourishment of a special meal because distracting thoughts carried us away from the moment? These all-too-common experiences happen to us when we feel distanced from our bodies, our thoughts, and our emotions. This session delves into how a consistent practice of mindfulness can help participants close those gaps and further manage the unconscious, reactive habits that can build up around food. As a result, participants will learn to become more aware of when they are truly hungry, when they are not, and when they are sated. Participants will learn to better appreciate all aspects of their relationship with food, from purchasing to consuming, and from nourishing themselves to connecting with others. Prerequisite: Intro to Mindfulness or existing mindfulness practice.