<table>
<thead>
<tr>
<th>Course Name</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Location*</th>
<th>Instructor</th>
<th>Registration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mindful Eating</td>
<td>Wed</td>
<td>1/16/2019</td>
<td>10:00 - 11:30 AM</td>
<td>114 Mt. Auburn St.</td>
<td>Greg Topakian</td>
<td>Register online</td>
</tr>
<tr>
<td>Mindful Eating</td>
<td>Wed</td>
<td>5/15/2019</td>
<td>2:30 - 4:00 PM</td>
<td>114 Mt. Auburn St.</td>
<td>Greg Topakian</td>
<td>Register online</td>
</tr>
<tr>
<td>Mindful Communication</td>
<td>Tue</td>
<td>1/22/2019</td>
<td>10:00 - 11:30 AM</td>
<td>114 Mt. Auburn St.</td>
<td>Tara Healey</td>
<td>Register online</td>
</tr>
<tr>
<td>Mindfulness and Anxiety</td>
<td>Tue</td>
<td>2/05/2019</td>
<td>12:00 - 1:30 AM</td>
<td>114 Mt. Auburn St.</td>
<td>Paul Fulton</td>
<td>Register online</td>
</tr>
<tr>
<td>Introduction to Mindfulness</td>
<td>Tue</td>
<td>2/12/2019</td>
<td>10:00 - 11:00 AM</td>
<td>114 Mt. Auburn St.</td>
<td>Tara Healey</td>
<td>Register online</td>
</tr>
<tr>
<td>Introduction to Mindfulness - WEBINAR</td>
<td>Thu</td>
<td>4/11/2019</td>
<td>12:00 - 1:00 PM</td>
<td>WebEx</td>
<td>Paul Fulton</td>
<td>Register online</td>
</tr>
<tr>
<td>Mindfulness to Manage Stress</td>
<td>Thu</td>
<td>2/14/2019</td>
<td>12:30 - 2:00 PM</td>
<td>114 Mt. Auburn St.</td>
<td>C. O'Shaughnessy</td>
<td>Register online</td>
</tr>
<tr>
<td>Mindfulness and Compassion</td>
<td>Tue</td>
<td>3/05/2019</td>
<td>10:00 - 11:30 AM</td>
<td>114 Mt. Auburn St.</td>
<td>C. O'Shaughnessy</td>
<td>Register online</td>
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<tr>
<td>Mindful Movement: Yoga for the Office</td>
<td>Thu</td>
<td>3/14/2019</td>
<td>12:30 - 2:00 PM</td>
<td>114 Mt. Auburn St.</td>
<td>C. O'Shaughnessy</td>
<td>Register online</td>
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<tr>
<td>Mindful Movement: Yoga for the Office</td>
<td>Wed</td>
<td>3/27/2019</td>
<td>1:00 - 2:30 PM</td>
<td>114 Mt. Auburn St.</td>
<td>C. O'Shaughnessy</td>
<td>Register online</td>
</tr>
<tr>
<td>Mindfulness Half-day Retreat</td>
<td>Thu</td>
<td>3/28/2019</td>
<td>12:00 - 3:00 PM</td>
<td>114 Mt. Auburn St.</td>
<td>Tara Healey</td>
<td>Register online</td>
</tr>
<tr>
<td>10% Happier</td>
<td>Tue</td>
<td>4/2/2019</td>
<td>2:00 - 3:00 PM</td>
<td>114 Mt. Auburn St.</td>
<td>C. O'Shaughnessy</td>
<td>Register online</td>
</tr>
<tr>
<td>(3 Week Course)</td>
<td>Tue</td>
<td>4/9/2019</td>
<td>2:00 - 3:00 PM</td>
<td></td>
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<tr>
<td>Mindful Parenting</td>
<td>Tue</td>
<td>4/30/2019</td>
<td>11:00 - 12:30 PM</td>
<td>114 Mt. Auburn St.</td>
<td>C. O'Shaughnessy</td>
<td>Register online</td>
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<tr>
<td>Mindful Parenting</td>
<td>Tue</td>
<td>4/30/2019</td>
<td>1:00 - 2:30 PM</td>
<td>114 Mt. Auburn St.</td>
<td>C. O'Shaughnessy</td>
<td>Register online</td>
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<tr>
<td>Mindfulness 2.0 Deepening Practice</td>
<td>Wed</td>
<td>5/1/2019</td>
<td>12:30 - 1:30 PM</td>
<td>114 Mt. Auburn St.</td>
<td>Greg Topakian</td>
<td>Register online</td>
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<tr>
<td>(4 Week Course)</td>
<td>Wed</td>
<td>5/8/2019</td>
<td>12:30 - 1:30 PM</td>
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<tr>
<td></td>
<td>Wed</td>
<td>5/15/2019</td>
<td>12:30 - 1:30 PM</td>
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<tr>
<td></td>
<td>Wed</td>
<td>5/22/2019</td>
<td>12:30 - 1:30 PM</td>
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<tr>
<td>Working Mind</td>
<td>Tue</td>
<td>5/7/2019</td>
<td>10:30 - 12:00 PM</td>
<td>114 Mt. Auburn St.</td>
<td>Jonathan Levene</td>
<td>Register online</td>
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<tr>
<td>(8 Week Leadership Course)</td>
<td>Tue</td>
<td>5/14/2019</td>
<td>10:30 - 12:00 PM</td>
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<tr>
<td></td>
<td>Tue</td>
<td>5/21/2019</td>
<td>10:30 - 12:00 PM</td>
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<tr>
<td></td>
<td>Tue</td>
<td>5/28/2019</td>
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<tr>
<td></td>
<td>Tue</td>
<td>6/4/2019</td>
<td>10:30 - 12:00 PM</td>
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<td></td>
<td>Tue</td>
<td>6/11/2019</td>
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<td></td>
<td>Tue</td>
<td>6/18/2019</td>
<td>10:30 - 12:00 PM</td>
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<td></td>
<td>Tue</td>
<td>6/25/2019</td>
<td>10:30 - 12:00 PM</td>
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<tr>
<td>Mindful Strategies for Cyber Safety</td>
<td>Thu</td>
<td>6/13/2019</td>
<td>1:00 - 2:30 PM</td>
<td>114 Mt. Auburn St.</td>
<td>T.Healey/M. Nelson</td>
<td>Register online</td>
</tr>
<tr>
<td>Phone Meditations</td>
<td>Mon</td>
<td>1st wk/mth</td>
<td>12:00 - 12:30 PM</td>
<td>Call-in</td>
<td>Shanti Douglas</td>
<td>Register online</td>
</tr>
<tr>
<td></td>
<td>Tue</td>
<td>2nd wk/mth</td>
<td>12:30 - 1:00 PM</td>
<td>Call-in</td>
<td>C. O'Shaughnessy</td>
<td>Register online</td>
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<tr>
<td></td>
<td>Wed</td>
<td>3rd wk/mth</td>
<td>12:00 - 12:30 PM</td>
<td>Call-in</td>
<td>Jackie Johnson</td>
<td>Register online</td>
</tr>
<tr>
<td></td>
<td>Thu</td>
<td>4th wk/mth</td>
<td>12:30 - 1:00 PM</td>
<td>Call-in</td>
<td>Mary Starr Green</td>
<td>Register online</td>
</tr>
</tbody>
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*All sessions are held in Cambridge at 114 Mt. Auburn St., 4th floor, conference room 406, unless otherwise noted in the Training Portal.

(over)
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<tbody>
<tr>
<td>Flexwork Preview - All</td>
<td>Tue</td>
<td>1/15/2019</td>
<td>12:00 - 1:00 PM</td>
<td>114 Mt. Auburn St.</td>
<td>Karen Kelly</td>
<td>Register online</td>
</tr>
<tr>
<td></td>
<td>Thu</td>
<td>2/07/2019</td>
<td>10:30 - 11:30 AM</td>
<td>114 Mt. Auburn St.</td>
<td>Karen Kelly</td>
<td>Register online</td>
</tr>
<tr>
<td></td>
<td>Thu</td>
<td>3/07/2019</td>
<td>12:00 - 1:00 PM</td>
<td>114 Mt. Auburn St.</td>
<td>Karen Kelly</td>
<td>Register online</td>
</tr>
<tr>
<td>Flexwork Preview - Managers</td>
<td>Tue</td>
<td>1/15/2019</td>
<td>1:30 - 2:30 PM</td>
<td>114 Mt. Auburn St.</td>
<td>Karen Kelly</td>
<td>Register online</td>
</tr>
<tr>
<td></td>
<td>Thu</td>
<td>2/07/2019</td>
<td>12:00 - 1:00 AM</td>
<td>114 Mt. Auburn St.</td>
<td>Karen Kelly</td>
<td>Register online</td>
</tr>
<tr>
<td></td>
<td>Tue</td>
<td>3/05/2019</td>
<td>12:00 - 1:00 PM</td>
<td>114 Mt. Auburn St.</td>
<td>Karen Kelly</td>
<td>Register online</td>
</tr>
<tr>
<td>Proposals for Employees</td>
<td>Wed</td>
<td>1/23/2019</td>
<td>1:00 - 2:00 PM</td>
<td>114 Mt. Auburn St.</td>
<td>Karen Kelly</td>
<td>Register online</td>
</tr>
<tr>
<td></td>
<td>Wed</td>
<td>2/06/2019</td>
<td>10:00 - 11:00 AM</td>
<td>Longwood, Countway</td>
<td>Karen Kelly</td>
<td>Register online</td>
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<tr>
<td></td>
<td>Tue</td>
<td>2/26/2019</td>
<td>12:00 - 1:00 PM</td>
<td>114 Mt. Auburn St.</td>
<td>Karen Kelly</td>
<td>Register online</td>
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<tr>
<td></td>
<td>Tue</td>
<td>3/19/2019</td>
<td>12:00 - 1:00 PM</td>
<td>114 Mt. Auburn St.</td>
<td>Karen Kelly</td>
<td>Register online</td>
</tr>
<tr>
<td>Proposals for Managers</td>
<td>Thu</td>
<td>1/24/2019</td>
<td>11:00 - 12:00 PM</td>
<td>114 Mt. Auburn St.</td>
<td>Karen Kelly</td>
<td>Register online</td>
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<tr>
<td></td>
<td>Wed</td>
<td>2/06/2019</td>
<td>1:00 - 2:00 PM</td>
<td>Longwood, Countway</td>
<td>Karen Kelly</td>
<td>Register online</td>
</tr>
<tr>
<td></td>
<td>Thu</td>
<td>2/28/2019</td>
<td>12:00 - 1:00 PM</td>
<td>114 Mt. Auburn St.</td>
<td>Karen Kelly</td>
<td>Register online</td>
</tr>
<tr>
<td></td>
<td>Wed</td>
<td>3/20/2019</td>
<td>12:00 - 1:00 PM</td>
<td>114 Mt. Auburn St.</td>
<td>Karen Kelly</td>
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<tbody>
<tr>
<td>Flourish</td>
<td>Thu</td>
<td>1/17/2019</td>
<td>2:00 - 3:00 PM</td>
<td>Web Ex</td>
<td>KGA</td>
<td>Register online</td>
</tr>
<tr>
<td>Having a Growth Mindset</td>
<td>Thu</td>
<td>3/21/2019</td>
<td>1:00 - 2:00 PM</td>
<td>Web Ex</td>
<td>KGA</td>
<td>Register online</td>
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<tr>
<td>Supermarket Savvy</td>
<td>Thu</td>
<td>5/16/2019</td>
<td>2:00 - 3:00 PM</td>
<td>Web Ex</td>
<td>KGA</td>
<td>Register online</td>
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<tr>
<td>College Planning</td>
<td>Mon</td>
<td>6/3/2019</td>
<td>12:00 - 12:45 PM</td>
<td>114 Mt. Auburn St./</td>
<td>HUECU</td>
<td>Register online</td>
</tr>
<tr>
<td>Applying for Financial Aid</td>
<td>Wed</td>
<td>6/5/2019</td>
<td>12:00 - 1:00 PM</td>
<td>114 Mt. Auburn St./</td>
<td>HUECU</td>
<td>Register online</td>
</tr>
<tr>
<td>Beyond the FAFSA</td>
<td>Wed</td>
<td>6/5/2019</td>
<td>1:00 - 2:00 PM</td>
<td>114 Mt. Auburn St./</td>
<td>HUECU</td>
<td>Register online</td>
</tr>
<tr>
<td>Paying the Tuition Bill</td>
<td>Wed</td>
<td>6/19/2019</td>
<td>12:00 - 12:45 PM</td>
<td>114 Mt. Auburn St./</td>
<td>HUECU</td>
<td>Register online</td>
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* All sessions will have a WebEx link to access the live presentation.

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<td>Advocacy in Healthcare Settings</td>
<td>Tue</td>
<td>2/5/2019</td>
<td>1:00 - 2:00 PM</td>
<td>Webinar</td>
<td>care@work</td>
<td>Register online</td>
</tr>
<tr>
<td>Important Resources for Family Caregivers</td>
<td>Tue</td>
<td>5/7/2019</td>
<td>1:00 - 2:00 PM</td>
<td>Webinar</td>
<td>care@work</td>
<td>Register online</td>
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<tr>
<td>Alzheimer's Disease and Dementia:</td>
<td>Tue</td>
<td>8/6/2019</td>
<td>1:00 - 2:00 PM</td>
<td>Webinar</td>
<td>care@work</td>
<td>Register online</td>
</tr>
<tr>
<td>Caregiving Challenges and Strategies</td>
<td>Tue</td>
<td>11/5/2019</td>
<td>1:00 - 2:00 PM</td>
<td>Webinar</td>
<td>care@work</td>
<td>Register online</td>
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Would you like more information about Work/Life Programs? Click here.

https://hr.harvard.edu/files/humanresources/files/work_life_program_calendar.pdf