

July 2017

Course	Date	Where is it held	How to sign up
TIAA 1-on-1 Retirement Planning Meetings (TIAA)	07/13/2017 10:00 – 4:00	L223, Alden Trust	800 732 8353 Call to request an appointment

August 2017

Course	Date	Where is it held	How to sign up
TIAA 1-on-1 Retirement Planning Meetings (TIAA)	08/01/2017 10:00 – 4:00	L223, Alden Trust	800 732 8353 Call to request an appointment
TIAA 1-on-1 Retirement Planning Meetings (TIAA)	08/24/2017 10:00 – 4:00	L202	800 732 8353 Call to request an appointment

September 2017

Course	Date	Where is it held	How to sign up
Managing Income and Debt (TIAA_Online Only)	09/12/2017 3:00 – 4:00	Online Only	Register here Pre-registration required
Transitioning from Career to Retirement (TIAA_Online Only)	09/13/2017 3:00 – 4:00	Online Only	Register here Pre-registration required
TIAA 1-on-1 Retirement Planning Meetings (TIAA)	09/13/2017 10:00 – 4:00	L202	800 732 8353 Call to request an appointment
Help Protect Your Family and Your Money (TIAA_Online Only)	09/14/2017 12:00	Online Only	Register here Pre-registration required
Income Insights – Mental Accounting in Retirement (TIAA_Online Only)	09/14/2017 1:00	Online Only	Register here Pre-registration required
Information Overload (AllOne Health_Online only)	09/19/2017 or after	Online	www.allonehealth.com Username simmons Password employee
Motivating Others for Workplace Change: Increasing Receptivity to Change (AllOne Health_EAP)	09/20/2017 1:00 – 2:30	SOM, M513	Register here
TIAA 1-on-1 Retirement Planning Meetings (TIAA)	09/26/2017 10:00 – 4:00	L202	800 732 8353 Call to request an appointment
Above the Line Thinking (COF)	09/28/2017 1:00 – 2:30	Kotzen	Register here

October 2017

Course	Date	Where is it held	How to sign up
All About IRAs (TIAA_Online Only)	10/10/2017 12:00 – 1:00	Online Only	Register here Pre-registration required
TIAA 1-on-1 Retirement Planning Meetings (TIAA)	10/12/2017 10:00 – 4:00	L202	800 732 8353 Call to request an appointment
Improve your health with Ergonomics and Frequent Movement (AllOne Health_Online only)	10/17/2017 or after	Online	www.allonehealth.com Username simmons Password employee
TIAA 1-on-1 Retirement Planning Meetings (TIAA)	10/17/2017 10:00 – 4:00	L202	800 732 8353 Call to request an appointment
Planning for Diminished Capacity & Illness (TIAA_Online Only)	10/18/2017 12:00 – 1:00	Online Only	Register here Pre-registration required
All About IRAs (TIAA_Online Only)	10/19/2017 3:00 – 4:00	Online Only	Register here Pre-registration required
Introverts in the Workplace (COF)	10/25/2017 1:00 – 2:30	Wheelock College CCSR/Wolf Room	Register here
Understanding Your Immune System (Wellness)	10/26/2017 1:00 – 2:00	Kotzen 1 & 2	Register here

November 2017

Course	Date	Where is it held	How to sign up
TIAA Information Session (TIAA)	11/08/2017 10 am , 12 pm and 2 pm	Special Function Room MCB C124	Register here
Nutritional Advertising (Wellness)	11/9/2017 1:00 – 2:00	M513	Register here
TIAA Information Session (TIAA)	11/14/2017 11 am, 1 pm and 3:30 pm	Special Function Room MCB C124	Register here
The Mind-Body Connection (AllOne Health_Online only)	11/21/2017 or after	Online	www.allonehealth.com Username simmons Password employee
TIAA Information Session (TIAA)	11/28/2017 9:30 am, 11:30 am, 2:30 pm and 4:30 pm	Special Function Room MCB C124	Register here
Managing Multiple Priorities (COF)	11/29/2017 1:00 – 2:30	Special Function Room MCB C124	Register here
TIAA 1-on-1 Retirement Planning Meetings (TIAA)	11/29/2017 10:00 – 4:00	L202	800 732 8353 Call to request an appointment

TIAA 1-on-1 Retirement Planning Meetings (TIAA)	11/30/2017 10:00 – 4:00	Shepard Room	800 732 8353 Call to request an appointment
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December 2017

Course	Date	Where is it held	How to sign up
Conquering Fear and Anxiety (Wellness)	12/5/2017 1:00 – 2:00	Special Function Room MCB C124	Register here
TIAA Information Session (TIAA)	12/07/2017 10 am, 12 pm and 2 pm	Kotzen 1 & 2	Register here
TIAA 1-on-1 Retirement Planning Meetings (TIAA)	12/11/2017 10:00 – 4:00	Shepard Room	800 732 8353 Call to request an appointment
Diversity in the Workplace: Maintaining an Inclusive Environment (AllOne Health_Online only)	12/19/2017 or after	Online	www.allonehealth.com Username simmons Password employee
TIAA 1-on-1 Retirement Planning Meetings (TIAA)	12/19/2017 10:00 – 4:00	Crane, L201	800 732 8353 Call to request an appointment

January 2018

Course	Date	Where is it held	How to sign up
TIAA 1-on-1 Retirement Planning Meetings (TIAA)	01/09/2018 10:00 – 4:00	Shepard Room	800 732 8353 Call to request an appointment
TIAA 1-on-1 Retirement Planning Meetings (TIAA)	01/17/2018 10:00 – 4:00	Shepard Room	800 732 8353 Call to request an appointment
Cultivating Mindfulness in Everyday Life (AllOne Health_EAP)	01/18/2018 1:00 – 2:00	Kotzen 1 & 2	Register here
TIAA Information Session (TIAA)	01/24/2018 10 am, 12 pm, 2pm and 4:30 pm	Kotzen 1 & 2	Register here
TIAA 1-on-1 Retirement Planning Meetings (TIAA)	01/25/2018 10:00 – 4:00	Shepard Room	800 732 8353 Call to request an appointment
TIAA 1-on-1 Retirement Planning Meetings (TIAA)	01/30/2018 10:00 – 4:00	Crane, L201	800 732 8353 Call to request an appointment

February 2018

Course	Date	Where is it held	How to sign up
TIAA 1-on-1 Retirement Planning Meetings (TIAA)	02/16/2018 10:00 – 4:00	L202	800 732 8353 Call to request an appointment
TIAA 1-on-1 Retirement Planning Meetings (TIAA)	02/26/2018 10:00 – 4:00	L202	800 732 8353 Call to request an appointment

March 2018

Course	Date	Where is it held	How to sign up
Fighting Allergies Naturally (Wellness)	03/15/2018 1:00 – 2:00	M513	Register here
Rejuvenation: Extinguishing Burnout (AllOne Health_EAP)	03/22/2018 1:00 – 2:00	Kotzen 1 & 2	Register here
Money at Work: Foundations of Investing (TIAA)	03/28/2018 1:00 – 2:00	Kotzen 1 & 2	Register here

April 2018

Course	Date	Where is it held	How to sign up
Paying Yourself: Income Options in Retirement (TIAA)	04/04/2018 1:00 – 2:00	Kotzen 1 & 2	Register here
Strength & Conditioning at Home (Wellness)	04/11/2018 2:00 – 3:00	Special Function Room, MCB C124	Register here
Embracing Stress: The New Science of Stress (AllOne Health_EAP)	04/12/2018 1:00 – 2:30	Kotzen 1 & 2	Register here