



FEBRUARY 2018

SEMINARS AND CONVERSATIONS

– **FINANCIAL WELLNESS AND ESTATE PLANNING**

Tuesday, February 6, 1:30 - 3:00 pm. The Alumni Center, located on the 6th floor of Columbus Place.

Tim Gagnon, Associate and Faculty Director of the online Master of Science in Taxation program, will review how estate planning works, why it's important, and steps to consider when planning for your future. This seminar is sponsored by HRM and the Gift Planning Office. To register, [click here](#).

– **MEETING THE NEEDS OF ELDERS**

WEBINAR: Wednesday, February 21, 12:00 – 1:00, EST and 3:00-4:00, EST

This webinar will address some of the challenges elders face as they age and identify some solutions that we, as family and friends, can put in place from near or afar. To register, [click here](#).

– **BALANCE: BEING A PARENT, BEING A PROFESSIONAL**

Tuesday, February 27, Alumni Center, 11:00 – 12:00

Join e4Health, Northeastern's Employee Assistance Program, for a conversation about balancing parenting and working outside the home. To register, [click here](#).

YOGA, DANCE, AND TAI CHI CLASSES

– YOGA

Tuesday, February 6, CSC Dance Studio, 12:00 – 1:00

To register, [click here](#)

– IRISH STEP DANCE

Tuesday, February 13, CSC Dance Studio, 12:00 – 1:00

To register, [click here](#)

– TAI CHI

Thursday, February 22, CSC Dance Studio, 12:00 – 1:00

To register, [click here](#)

ADDITIONAL RESOURCES

– FEBRUARY FUN: USE A HEALTHY HABITS CALENDAR!

Checkout the [February calendar](#); it's filled with simple ways to incorporate healthy habits into your days.

– EARN UP TO \$100/QUARTER

The *Healthy You* program enables you to earn up to \$100/quarter, \$400/year by participating in the Virgin Pulse program and meeting critical milestones, which include getting the CDC's recommended number of steps each day, tracking healthy habits and learning more about healthy behaviors. There are many devices you can use to track your steps – including your smart phone.

[Learn more](#). Not yet a member? [Enroll now!](#)

– BENEFIT FROM WEIGHT WATCHERS AT WORK

Wednesdays, 10:00 – 11:00, CSC 435

You are welcome to join at any time; the fee can be pro-rated. Please contact [Kate Klepper](#) with questions about the program.