



SAS Work/Life Featured Classes and Workshops

Registering to attend on-site workshops or access archived workshops All on-site workshops are open to SAS employees, employee spouses and domestic partners, retirees and other immediate family members. Many Work/Life offerings also are available via Web conference, allowing SAS retirees and family members to listen remotely from a home computer. If you are not a SAS employee, register for a seminar by sending an e-mail to the [SAS Work/Life team](#) with the following information:

1. Your affiliation to SAS: Retiree and retirement date SAS employee family member and employee ID number
2. The seminar(s) you are interested in by title and date. If your seminar is available on-site only, the Work/Life team will confirm your registration via e-mail and send directions to the seminar location. If you are unable to attend on-site, request instructions for accessing an archived edition via Internet.

Financial Education

A Strategy for Recovery

- Wednesday, Feb. 1.
- 12 – 1 p.m.

Did last year's market unpredictability leave you reeling? Are you wondering how to recover strategically? Please join our guest speaker, a financial advisor, as he discusses how to establish a plan to deal with market volatility as well as the importance of doing your market research in 2012.

Preparing for Retirement: A checklist

- Thursday, Feb. 23
- 12 - 1 p.m.

In this seminar, our guest speakers will discuss the importance of prudently preparing for your retirement. The focus will be on goals-based planning, calculating the sustainability of your retirement goals, and why you may need to implement smarter withdrawal strategies.

Aging and Eldercare

New in 2012! Dementia Education and Support Group

- Begins Feb. 8; Meets the second Wednesday of each month for eight months.
- 12 – 1 p.m.
- W1443.

Facilitated by ALZNC educators, the topics of this support group include; communication, disease progression, coping strategies, with a new topic each meeting.

Long Term Care Insurance Policies: Guidance from the expert

- Tuesday, Feb. 21.
- 12 - 1 p.m.

The Regional Director for SHIIP, helps you better understand long term care and the insurance options that can help pay for it. As an employee of NC Department of Insurance, Barry is a knowledgeable and user-friendly presenter. This program is for education purposes and no recommendations will be made about particular insurance providers.

Parenting/Life Skills

Cultivating Creatively Entrepreneurial Children

- Thursday, Feb. 2.
- 12 – 1 p.m. (followed by 15 minutes Q&A).

If it makes sense to you that you're serving your children well when you help them increase their creative abilities and develop their entrepreneurial instincts, then you'll want to participate in this seminar led by an adjunct faculty at Duke University who has taught creative entrepreneurship for 10 years, who believes that the best thing we can do to prepare our children for our complex world is to help them grow creatively. He'll share some core ideas, offer creative exercises to do and to share with your children, and eagerly answer your questions.

Navigating the Parenting Journey Together (without anger): A Three-part Series

- Tuesdays, Feb. 7, 14, and 21.
- 12- 1 p.m.
- Come to one session or attend all three!

February is the month of love and building stronger relationships. Join us to discuss how you can enhance your relationship with your spouse and children by setting goals and creating a communication plan to discuss parenting issues.

- **Session 1** (Feb. 7): Focuses on self-awareness and setting personal goals as a partner and parent.
- **Session 2** (Feb. 14): A special, hands-on event for couples. Attend with your partner to work together on your communication style and creating a parenting plan that is proactive rather than reactive.
- **Session 3** (Feb. 21): Focuses on creating a connected relationship with your children for a peaceful home.

Note: You can attend Sessions 1 and 3 with or without your partner. As session 2 will be a hands-on workshop, it is recommended that you attend with your partner (the perfect Valentine's date!) These sessions will be interactive and homework will be assigned.

Parents of Children with Special Needs Support Group

- Thursday, Feb. 9.
- 12 - 1 p.m.

Blending Families: A different parenting challenge

- Thursday, Feb. 16.
- 12 - 1 p.m.

Parenting in a blended family introduces a host of new challenges. Building a stepfamily can be an adventure. Join us to discuss the unique challenges of parenting in a blended family and learn tips to make your journey positive and rewarding.

Teaching Teens Life Skills: Concrete skills every young adult should know

- Meets every Wednesday from February 22 to March 14.
- 12 - 1 p.m.

This series is designed to help you, the parent of a tween/teen, get some practical help in knowing how to support your emerging adult in gaining the life skills they need to handle the issues they are facing both now and in the future. Each session stands by itself.

- **Feb. 22** Managing Stress
- **Feb. 29** Establishing Healthy Boundaries
- **March 7** Decision-Making & Problem Solving
- **March 14** Managing Money
- **March 21** Handling Conflict

Control the Chaos: Stress management for working moms!

- Tuesday, March 6.
- 12 – 1 p.m.

Working mothers want to succeed both at home and in the workplace, but striking an effective work-life balance is not easy to attain - especially because of the significant demands on working mothers' time and energy. In this highly interactive lunch & learn, we will provide mental tools, mind-body techniques, and

cognitive strategies for working moms to effectively manage stress, recover energy, gain control, and thrive both at home and at work. Benefits include enhanced self-confidence, relaxation, emotional calm and control, time management skills, productivity, and mental/physical well-being.