



SAS Work/Life Featured Classes and 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 the internet.

Upcoming events

Parenting

Parental Screen Time Concerns: Exploring strategies for the New Year

- Tuesday, December 1st
- 12:00 – 1:00 pm EST
- Microsoft Teams

As we face another challenging year with our students learning and socializing from home, how can families reboot and consider revised norms around technology, digital media, online learning, and recreational screen time? Join Page Cvelich, Work/Life Senior Program Manager, and an experienced clinical psychologist, for this timely discussion as we explore ways to embrace the benefits of digital learning and online connection while reducing the harms of technological overload.

Support Groups for Parents

- ❖ **New Parents**—Wednesday, December 2nd
- ❖ **Single Parents**—Thursday, December 10th
 - 12:00 – 1:00 pm EST
 - Microsoft Teams

Join other parents to discuss challenges and frustrations, as well as share ideas and tips! After meeting the group can decide whether they want to keep meeting monthly or quarterly or not at all. Lisa Allred, Work/Life Senior Program Manager, will start each meeting with some tips and suggestions and then open it up for group discussion and problem-solving!

Overcoming Motivation and Learning Challenges in Virtual School

- Tuesday, December 8th
- 12:00 – 1:00 pm EST
- Microsoft Teams

As virtual school is now a reality for many families, parents have growing concerns about their child or teen's motivation (or lack thereof), work habits, screen time, and ability to learn. An experienced child psychologist will provide practical tips for parents to ensure their child is learning, engaging, and keeping morale up as much as possible during these trying times. She will also provide strategies for helping your child or teen who may have pre-existing or exacerbated learning disabilities, ADHD, or emotional concerns such as depression and anxiety.

Aging Well Series

5 Ways to Prevent a Fall at Home

- Wednesday, December 2nd
- 12:00 – 1:00 pm EST
- Microsoft Teams

Falls are a leading cause of injury for people aged 65 and older, but they are not an inevitable part of aging. There are proven ways to prevent them. Join us as an occupational therapist leads a conversation around key areas of focus as you plan to prevent future falls.

Volunteering—Who’s the Big Winner Here?

- Wednesday, December 9th
- 12:00 – 1:00 pm EST
- Microsoft Teams

Volunteering is all about helping others and making our community a better place to live. But volunteers can reap huge personal benefits from giving their time to help others. In this video chat the Director of the Center for Volunteer Caregiving will discuss how volunteering in your community can improve your health and help you in your relationships and your career. We’ll also talk about how to get started with a new volunteer adventure.

Financial

Estate Planning

- Wednesday, December 16th
- 12:00 – 1:00 pm EST
- Microsoft Teams

During this webinar, join an attorney from Omega Elder Law as she describes the various aspects of estate planning and the best way to avoid family disharmony and pitfalls along the way.