



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

Relationships

From New to Long-Term Relationships: Questions to ask yourself and your partner

- Tuesday, February 19th
- 12:00-1:00 pm EST
- W1460 & WebEx

A licensed marriage & family therapist will explore how couples can deal proactively with potentially harmful issues that can be avoided or mitigated by discussing important topics and learning effective skills for managing conflict earlier on in the relationship. One of the tools she utilizes is the evidence-based program PREPARE/ENRICH. Join us as our speaker shares important relationship questions to ask and how to apply them at every stage—from relationship beginnings to long-term partnerships.

Work/Life Balance

Bees, Bees, Bees

- Wednesdays, February 13th, 20th, 27th
- 12:00-1:00 pm EST
- W1460 & WebEx

Did you know that SAS has over 40,000 employees that buzz? Join Bee Downtown, a NC-based company that uses businesses in cities to help save honey bee populations, to learn all about bees!

Class One: Bee Biology, Wednesday, February 13th, 12:00 – 1:00 EST, W1460.

Learn about the types of bees, how they reproduce, their social behavior and foraging.

Class Two: Beekeeping Week, Wednesday, February 20th, 12:00-1:00 EST, W1460.

Learn about the history of beekeeping, beekeeping equipment, and hive management (splitting, swarming, feeding, honey making, and harvesting).

Class Three: Bees in Current Culture, Wednesday, February 27th, 12:00-1:00 EST, W1460.

Learn about bees in current culture including trucking bees, pollinator friendly yards, chemicals, products of the hive, and bees in pop culture. *And, if you complete all three classes, you will get a diploma and honey gift!*

Work/Life Book Club ~ *The Five Invitations: Discovering What Death Can Teach Us About Living Fully*

- Thursday, February 21st
- 12:00-1:00 pm EST
- W1443

Living life more fully and with more awareness is a common desire but difficult to grasp. Often it takes something large and dramatic to stop us in our tracks to see what is most real. Death is one such doorway and author Frank Ostaseski offers five simple but powerful practices to enable you to see beyond the ordinary and grow your eyes. Intrigued? Buy a copy of [the book](#) and let's meet up for a meaningful discussion.

Financial

Estate Planning: Who gets Grandma's yellow pie plate?

- Wednesday, February 13th
- 12:00-1:00 pm EST
- W1420 & WebEx

An elder law attorney will discuss wills, trusts, and other issues that arise when someone dies. He will focus on the importance of handling the sentimental things such as "the yellow pie-plate." This seminar will help you avoid issues that cause family disharmony associated with estates by utilizing proper planning.

Planning for Two Lifetimes: Special needs planning

- Wednesday, March 20th
- 12:00-1:00 pm EST
- W1420 & WebEx

In this seminar, a financial planner and Chartered Special Needs Consultant will help parents understand how to build a support structure for individuals with special needs. As family members, your goal is to help your loved one find and live the best life possible, but most of the time, the action steps seem daunting or are simply not known. Come learn about the necessary pieces of the support structure, how to use those pieces in a coordinated fashion, mistakes to avoid, and the necessary action steps to make the support structure thrive.

Retirement

The Enneagram and Retirement

- Wednesday, February 6th
- 12:00-1:00 pm EST
- W1460 & WebEx

Retirement is a time of significant shifts in identity and meaning. At this time, it can be helpful to revisit our core beliefs. The Enneagram can be used as a tool to help in applying your core self in this new stage of life. Join us as our speaker reviews the Enneagram and offers strategies for incorporating your core self into your life post-retirement.

Medicare Overview

- Monday, March 4th
- 12:00-1:00 pm EST
- W1420 & WebEx

A regional director from Seniors' Health Insurance Information Program (SHIIP) joins us to discuss the parts and applications of the federal health insurance program known as Medicare.

Parenting

Teens and Substance Use: What to know and things to consider

- Wednesday, March 13th
- 12:00-1:00 pm EST
- W1420 & WebEx

Join a licensed clinical addictions specialist to discuss how you can connect with and communicate to your teens about substance use/misuse. You will learn tips for how to monitor and discuss substance use with your teen, identify signs of substance use/abuse, and what to do if you are concerned.