Devorah Heitner, PhD of Raising Digital Natives
“Smart Kids, Smart Phones”
Are your kids asking for cellphones? Do they download apps you don’t recognize? Devorah Heitner offers suggestions about key media issues to discuss with your child. You can create a smart tech culture in your family where you lead by example and your digital native can also mentor you on some of the latest developments! Find creative ways for technology to bring your family together. Dr. Heitner will discuss issues such as choosing quality apps, how to be safe with the Internet at various ages, navigating friendships in the age of texting, privacy, digital footprint, and how and when to unplug.

Evanston - October 7th, Noon-1:30 pm
Norris Center, Northwestern Room (202 B)  
Register

Chicago – October 14th, Noon-1:30 pm
Lurie Center, Searle Seminar Room  
Register

Aging in Place:
Promoting independent living for Seniors With NU Senior Care Connections
Ninety percent of seniors want to remain in their home as they age, but to do so safely you’ll want to make sure the appropriate supports are in place. This seminar will review how to support loved ones who want to remain in the home and what resources are available to keep them safe – and give you peace of mind.

Chocolate - October 21st, 12:30 pm -1:30 pm
Lurie Center, Searle Seminar Room  
Register

Evanston - October 22nd, Noon-1:00pm
Norris Center, Rock Room (207)  
Register

Protecting Your Money from Cons, Fraud and Identity Fraud Theft With NU Life Matters
People from all walks of life – students, doctors, lawyers, retirees, and homemakers – get swindled or have their identities stolen. This seminar focuses on how to identify and prevent being conned and how to keep your identity safe.

Evanston - October 29th, Noon-1:00pm
Norris Center, Rock Room (207)  
Register

Chicago – October 30th, Noon-1:00pm
Rubloff 10th Floor Conference Room  
Register

Keynote Address
“From Time Confetti to Time Serenity”
Brigid Schulte
Author of Overwhelmed: Work, Love and Play When No One Has the Time
Co-Sponsored by the Women’s Center

Time is becoming more and more fragmented in our modern, tech-addicted society. We have so many choices that are brains become waterlogged with decision-fatigue before we even get started on the day. The email inbox is constantly clogged. The To Do list never ends. What a handful of simple yet powerful personal mastery tools can do to help make time feel different – less scattered, and with more opportunity for those timeless moments that the Greeks called Kairos time.

Evanston Campus
October 1, 2014
Norris Center, McCormick Auditorium
12:00 pm – 1:30 pm  
Register

Contact Anna Freedman at anna.freedman@northwestern.edu or (847) 467-1460 with questions, or to RSVP. Please include workshop title and your location preference.