

## **ADULTING 101**











## 2025 Schedule

- DECREASING STRESS WITH MINDFULNESS JANUARY 14 AT 6 PM
- MEDICAL INSURANCE 101 FEBRUARY 10 AT 5:30 PM
- TIME AND ORGANIZATION TIPS TO THRIVE MARCH 3 AT 7 PM
- WEALTH BUILDING APRIL 8 AT 5 PM
- STAY SAFE OUT THERE MAY 15 AT 6 PM
- INTERNATIONAL TRAVEL ON A BUDGET JUNE 2 AT 6:30 PM
- MASTERING MEAL PLANNING JULY 9 AT 4:00 PM
- NAVIGATING PEER PRESSURE AUGUST 18 AT 6 PM
- WORKPLACE PROFESSIONALISM SEPTEMBER 17 AT 6:30 PM
- ENJOY YOUR HOLIDAYS ON A BUDGET OCTOBER 23 AT 5 PM
- NAVIGATING TOUGH TALKS NOVEMBER 13 AT 6:30 PM

\*ALL TIMES LISTED ARE EASTERN STANDARD TIME



## Free on zoom

https://events.anr.msu.edu/Adulting2025/

