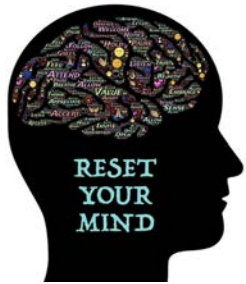


ADULTING 101



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/>

