Suddenly you are an adult. If you’re like many of us, that seemed to happen while you were busy doing other things.

You wake up one morning and realize that there are all kinds of complicated—and perhaps intimidating—matters you are supposed to know how to deal with.

- Balancing your job and your life.
- Managing transitions.
- Maintaining a budget while funding your future.
- Caring for children and for aging parents.
- Caring for yourself.

That’s where we can help. At the University of Wisconsin–Madison, our Living Well courses will guide and inspire you. We’ll help you explore fresh opportunities, launch new beginnings, think deeply about your values, and learn to make choices that contribute to your ability to live well.

Take a look inside, and sign up now for classes. We look forward to helping you create the life you want to live!

See continuingstudies.wisc.edu/living-well for a list of upcoming classes and to register.

All classes at Pyle Center, 702 Langdon St, Madison, WI unless otherwise noted.

Living Well

Createthe life you want to live.

Today and Tomorrow

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Today and Tomorrow
Courses

Yoga mat or blanket optional.
Explore how to be completely present.
Space available.

Fall 2015 Courses

Instructor: Elizabeth Lisov

Yoga for Your Mind.

Monday, Oct 5 & 19, 9am-3pm
Instructor: Lisa Wolfe-Bohn

Yoga mat or blanket optional.
Explore how to be completely present.

Stop the Noise: Tools for Staying Calm.

Saturday, Oct 7-Nov 11, 10am-noon
Instructor: Lynn Tarnoff

Yoga mat or blanket optional.
Explore how to be completely present.

Mindfully Managing Life’s Transitions.

Monday, Nov 2, 9am-3pm
Instructor: Paul Vosburgh

Yoga mat or blanket optional.
Explore how to be completely present.

What Color Is Your Parachute?

Saturday, Oct 10, 9am-4pm
Instructor: Paul Vosburgh

Yoga mat or blanket optional.
Explore how to be completely present.

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Managing Life’s Transitions.

Friday, Oct 11-15, 1:30-2:30pm
Instructor: Elizabeth Lisov

Yoga mat or blanket optional.
Explore how to be completely present.

The Second Half of Life: Opening the Gates of Inner Wisdom.

Friday, Dec 11, 9am-4pm
Instructor: Lynn Tarnoff

Yoga mat or blanket optional.
Explore how to be completely present.

Mindfulness-Based Stress Reduction.

Oct 14-Nov 18, 6:30-9:30pm
Instructor: Paul Vosburgh

Yoga mat or blanket optional.
Explore how to be completely present.

Online only; Coming in 2016

Financial Strategies for Retirement.

Tuesday, Mar 14, 9am-3pm
Instructor: Lisa Webne-Behrman

Yoga mat or blanket optional.
Explore how to be completely present.

Mindfully Managing Work & Money.

Monday, Feb 22, 9am-3pm
Instructor: Lisa Webne-Behrman

Yoga mat or blanket optional.
Explore how to be completely present.

Courses

Mindfulness: Your Door to the Present Moment.

Monday, Oct 19-Nov 19, 6:30-9:30pm
Instructor: Lynn Tarnoff

Yoga mat or blanket optional.
Explore how to be completely present.

You’re Tired: Make the Most of Your Retirement Benefits.

Monday, Mar 16, 9am-3pm
Instructor: Paul Vosburgh

Yoga mat or blanket optional.
Explore how to be completely present.