We are pleased to offer two R workshop sessions this year on Monday 11/16/2020 and Friday 11/20/2020 12-3 pm Eastern. The [Monday session](https://danstich.github.io/r4nalms/morning.html)will be an introduction to [R](https://www.r-project.org/)as a functional, vectorized, and object-oriented programming language. It will cover R syntax (e.g., how to read and write R code), types of variables and objects, functions, basic data management (e.g., loading, referencing, manipulation, transformation, and subsets), basic descriptive statistics, and working with R packages. The [Friday session](https://danstich.github.io/r4nalms/afternoon.html)will build on these techniques for an Intermediate R Workshop. Topics will include more advanced data management, an overview of common statistical tools in R, and plotting utilities. Those less familiar with R should plan on attending both sessions if interested in the Intermediate R workshop, but those who have some experience using R could consider skipping the Monday session and join on Friday. Laptop computers are required for both sessions. **All software is freely available and should be installed prior to the workshop**. Please see [this page](https://danstich.github.io/r4nalms/software.html)for software installation instructions.