The Need
Moving from a career into retirement can be a challenging lifestyle adjustment. Many adults look forward to the benefits of retirement living but then often find themselves facing many difficult issues. Today’s participants will learn ideas on how to deal with the many aspects of retirement living.

The Best Audiences for this Workshop
All levels of staff

The Objectives of this Workshop
1. Identify issues adults face during the transition into retirement
2. Create an action plan for planning your retirement

The Workshop Agenda
I. Defining Retirement
   A. What is Your Vision of a Good Retirement?
   B. Planning Your Time

II. Adjusting to Retirement Successfully
   A. Emotional Impact of Retirement
   B. Reinventing Yourself

III. The Basics of Retirement
   A. Living Options
   B. Financial Planning

IV. Retirement and Your Health