

About to Retire? or Thinking about Retiring?

Would you like an extra 10 years of active life?

If you've just retired or it's coming up, you have an estimated 10 more years of active healthy life than those retiring in previous generations. This is fantastic news and an opportunity to think afresh about how you want those years to be.

You will need to think about practical things like pensions and housing. But it's also important to learn how to build a fulfilling life which matches your longing for adventure and community, even when changes come.

Sign up now for a three session workshop to explore how to make the most of your ten extra years.

We will use coaching and real life stories to find out what's worked for others, to reflect and focus on what's good for you, and learn some tips and tricks for living positively in the second half of life. You are also very welcome to bring a partner or a friend who will be offered a free space if they want it – but places are limited so sign up fast!

Dates : **Tuesday 11th October 12.30 - 3.30pm**
 Wednesday 19th October 9:30am – 5:00pm
 Tuesday 25th October 12:30pm - 4.30pm

City Centre venue

To book your place please email agefriendly@leeds.gov.uk and put 'Retirement Course' in the subject heading.

This event is Facilitated by: **The Centre for Policy on Ageing (CPA) and is part of the Calouste Gulbenkian Transitions in Later Life Programme.**

Centre for Policy on Ageing

CPA

New attitudes to old age

Funded by

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