



CID Learn @ Lunch Workshop Series

Psychological Aspects of Retirement

Thursday, July 3rd, 2014

11:50 am to 12:40 pm

Room 1228, Broadway, Building B

Facilitator: Bob Aitken



When people plan for retirement they often spend most of their time planning for the financial aspects. This is certainly an important thing to do.

An equally important task is to plan for the psychological aspects of retirement. People who ignore the psychological aspects of retirement often do not live long enough to enjoy their retirement.

We will spend this hour looking at things you can do to ensure your retirement is one of the happiest and most meaningful times of your life. You will learn how to keep your brain alive and functioning well into your 90's and beyond.

Attendance by Registration. Please register at the CID website:
http://cid.vcc.ca/events_workshops.html Don't forget to bring your lunch!

For more information regarding workshops offered by the Centre for Instructional Development, please visit <http://cid.vcc.ca>



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