

YOUR RETIREMENT: YOUR CHOICE A FREE local programme

ARE YOU?

- Coming up to state pension age in the next year or so?
- Worried about retiring and managing on your pension?
- Wondering what you'll do with your time?
- Keen to make sure you look after yourself?
- Thinking about part-time work?
- Already retired but interested in free, friendly low cost activities going on near you?

IF YOU'VE ANSWERED YES TO ANY OF THESE, READ ON

Funded by the **National Lottery** this **free programme** is a mixture of individual advice, fun activities, inspirational talks and information about what's going on near you. It's informal, friendly, involves local organisations and can really make a difference. Look what those who've just finished the programme said:-

Elizabeth: "Very enjoyable, seems to cover most of what is to come in retirement."

Jane: "The course was extremely helpful. It enabled me to marshal my thoughts in a practical and meaningful way."

Charlotte: "A wide range of topics, very good resources that will enable me to follow up my interests."

Catherine: "Interesting and varied ideas and information"

Sheila: "It's helped me to look at retirement as a series of transitions and broadened my horizons on many levels."

Pat: "I've already recommended it to many of my friends. Chris and Debra were excellent facilitators."

WHEN AND WHERE?

Monday mornings, 10 am to 1 pm, for **six weeks** from the 19 February 2018 at **The Villas, Clarendon Villas, Hove** (nearest bus is No 7 bus stop in George Street).

INTERESTED?

For more information and to book a place, phone, text or email Chris:

07572 077340 or chrisbaker@workandlearning.co.uk