

Boomers at the Crossroads: **What to do with the Rest of Your Life**

This workshop is designed for those who are starting to think ahead to the next stage of their lives. If you are 50+ you probably realize that there are changes and challenges that are ahead of you and, if you are like most people, you don't have a plan to address them. These sessions will provide crucial information and enlightening exercises that help dispel the myths of the second half of life. This is not a financial planning workshop, but one that will prepare you for a meaningful and satisfying "best years of your life."

Topics:

Aging and Retirement Myths
Dealing with Change
Taking Risks
Exploring Life Options
Creating a Meaningful Second Half of Life

Facilitator:

Charlene L. Martin, Ed.D., founder of *Pathfinders Retirement Innovations*, has thirty years of experience in higher education and is a specialist in older adult learning and a certified retirement coach. Her research and publications focus on educational opportunities for older adults and she has presented seminars around the country on issues pertaining to older adults and the Boomer generation.