

Retirement: Money is only half the story

Discover the secrets to a happier retirement



Are you aware that when you retire, you'll have an extra 2,000 hours of free time every year? Up to 30% of retirees fail to adapt to having all this free time and end up suffering from depression, and in some cases, reclusion.

You may already have a financial plan in place to take care of your finances for retirement, but how

are you planning to deal with the other challenges? You will need to plan carefully for the transition into retirement to prepare you for the unique psychological challenges presented by the 'Third Age' (the era for personal achievement and fulfilment after retirement).

In our *Rewire your Future* workshop, we will:

- reveal the challenges that you can expect to face in retirement
- demonstrate how you can put together a holistic retirement plan to address these challenges
- discuss what you can do with your time

As we want to stimulate debate, the workshop will be a small group so that we can discuss your dreams and desires and needs for retirement.

Many of the mistakes made in retirement relate to unilateral decisions being made, so it's essential that couples attend. This is especially relevant if you are not both retiring at the same time!

Venue: Pinelands Library Conference hall

Time: 09:00 - 12:30

Date: Saturday 27th July 2019

Cost: R549 per couple or R280 per single. The cost includes a copy of our book *Rewire your Future*.

For further details and to register, please contact Paul Britton on horizons@polka.co.za or 082 887 3120.

Rewire your Future

The 
BRIDGE
to fulfilling retirement