

More Than Money: Comprehensive Planning for a Successful Retirement

Tuesday, March 1st, 11:30 a.m. to 1:30 p.m., Dining Hall – Upper Level – Refreshments will be provided.

To complement the financial planning workshops offered by David Carboni, Skidmore has invited nationally recognized consultant Helen Dennis to conduct workshops on the many other factors, besides financial security, that contribute to successful retirement.

Those who have already retired (faculty and staff), along with spouse or partner, are cordially invited to attend the workshop:

The goal of this workshop is to explore how to increase resilience in later life as well as pursue a “good old age.” Discussion topics include community, physical activity, mental activity, personality, attitude, relationships, nutrition and purpose.

In addition, Helen Dennis will be available for one-on-one consultations, scheduled as demand and time permit. The goal is educational, not clinical. This is an opportunity to follow-up in depth with Helen on issues of particular interest to you.

IF YOU ARE INTERESTED, PLEASE REPLY TO tmariani@skidmore.edu, **NO LATER THAN WEDNESDAY, FEBRUARY17**, INDICATING WHETHER YOU ARE INTERESTED IN:

- 1) ATTENDING THE MARCH 1 WORKSHOP,
- 2) SCHEDULING A ONE-ON-ONE MEETING WITH HELEN DENNIS. PLEASE NOTE WHETHER YOU WILL BE ACCOMPANIED BY A SPOUSE/PARTNER.

Helen Dennis has edited and co-authored several books, most recently *Project Renewment* (2008), as well as numerous articles and columns. She has also worked with over 10,000 employees at universities and corporations to help them prepare for the non-financial aspects of retirement. Her work with Skidmore is made possible through a generous award from the American Council on Education (ACE) and the Alfred P. Sloan Foundation