

# RETIREMENT PLANNING

## It's about more than just money

Explore common pitfalls of retired life and approaches to avoiding or getting through them, including:

- Transitions - easier or harder?
- Self-knowledge - refine it, use it!
- Managing expectations and assumptions
- Tyranny of choice
- Establishing / maintaining boundaries
- Resilience – having plans B & C

**Tuesday May 23<sup>rd</sup> 6:30-8:30 p.m.**

(bring something to write with and on)

**Ft. Collins Senior Center.**

\$5 per person. To register, call the Aspen Club at PVH - 495-8560

**Mandy Kotzman, Ph.D.**  
**Certified Life Coach**



Make it easier and more fun to discover or achieve the things you really want -  
Engage a life coach!

More information at (970) 224 4549 or [www.creativepursuits.net](http://www.creativepursuits.net)