

## What's Retirement, Now?

The division between full-time work and retirement life is no longer as clear as it once was. Many people will move from one career to another, from working full-time to gradually working less, from a paid job to an unpaid job.

Even if you are on a traditional retirement path you may find this part of life has little resemblance to your parents' retirement. It could last 20 to 30 years and it may be as productive and meaningful as any other part of your life.

"This program is for everyone who is thinking about how they are going to create meaning in the second half of their lives. There was so much interest in our community we needed to limit registration the first time around."

—Barbara Muesing  
University of Minnesota, Crookston

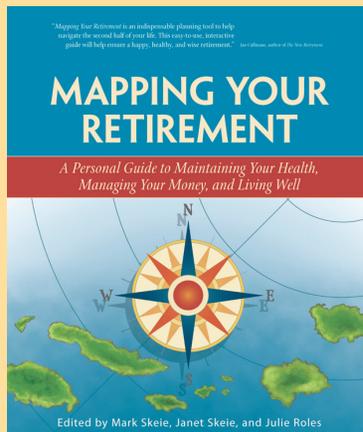


# What's next?

*Planning for the life you want*

## About *Mapping Your Retirement*

The award-winning book, *Mapping Your Retirement: A Personal Guide to Maintaining Your Health, Managing Your Money, and Living Well*, is a publication of nonprofit, MYR, Inc. MYR's mission is to help individuals prepare for healthy, productive and financially secure retirement.



Available online at:  
[www.mappingyourretirement.org](http://www.mappingyourretirement.org)

"I have come to realize that social investing is just as important to my well-being as I age as financial investing. I need a financial portfolio and I need a portfolio of relationships. I love *Mapping Your Retirement's* holistic approach. It takes into account all aspects of what it means to live life well."

—workshop participant

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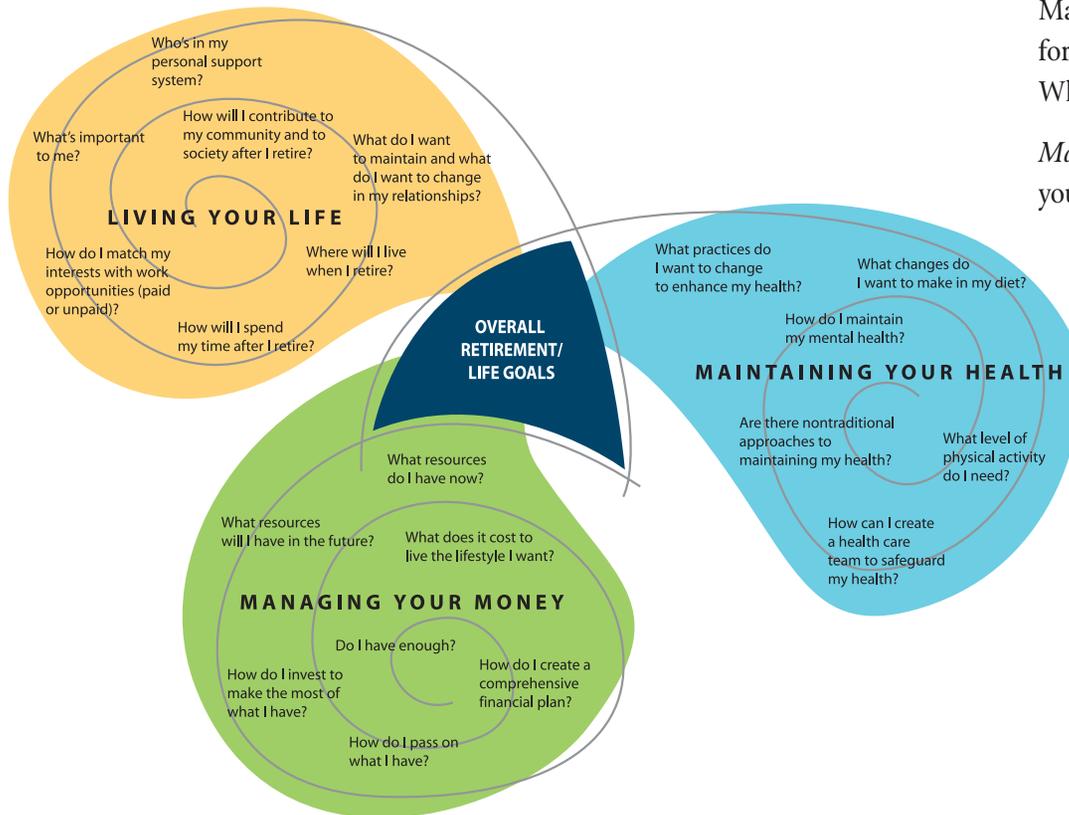
Workshops that connect you with others on similar journeys, help you explore options, and put you on track to live the life you want



"I have been looking forward to retirement as a time when I could follow my passions and do what is satisfying to me. In the current financial situation I don't see myself retiring as soon as I thought I would. So now the challenge is to live out my passions while I am still working. *Mapping Your Retirement* is helping me do that."

—workshop participant

Are you juggling twenty things at once and wondering how to find the right **balance**?  
Do you strive for a **healthy lifestyle** but need help putting it all together?  
Do you wonder how you will **make ends meet** as you age?



Maybe you are on track for a traditional retirement. Maybe you are busy retooling for your next career. Or maybe you are planning to work far into the future. Whatever your situation, making a plan will help you get where you want to go.

*Mapping Your Retirement* will help you create an integrated plan for maintaining your health, managing your money and living life fully.

Wondering how to get started? Try one of our workshops:

- **Introduction to *Mapping Your Retirement*.** A short overview of what you need to know and how to make a plan that works for you.
- **Planning for Transitions in the Second Half of Life.** This longer workshop gives you a chance to interact with others who are on similar journeys, explore key elements of later life transitions, and create a map for an engaged and fulfilling life.
- **What's Next? Life Planning for Women.** A workshop that is tailored for women. It will give you a chance to explore life issues with a group of women who share similar concerns and desires.

Look for a *Mapping Your Retirement* workshop in your community. Check our website, [www.mappingyourretirement.org](http://www.mappingyourretirement.org), for upcoming workshops.