



FOR IMMEDIATE RELEASE
Dec. 31, 2018

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What's Next? Discover the secrets to a rewarding retirement

Explore how to ensure your post-career life can be the healthiest, most productive and fulfilling time of your life at a program Jan. 10 called What's Next? Discover a Purposeful Retirement. What's Next? Is hosted by the Highlands Ranch Metro District's Active Adult Programs & Services. It will take place at the Metro District office building at 62 Plaza Drive, Highlands Ranch from 6 – 8 p.m. The program fee is \$10.

Studies have shown 90 percent of pre-retirees expect to be happy and 81 percent expect to achieve their dreams in retirement. In reality, only 40 percent feel that way 2-5 years into their retirement years. This two-hour interactive workshop is designed to help close this gap by preparing for the non-financial aspects of retirement.

Certified Retirement and Career Transition Coach Gary Foster will lead discussions and exercises designed to inspire you to craft your own unique plan for healthy aging and a purposeful third-stage of life. Discussions will include:

- Understanding how and why retirement is changing
- Raising awareness of the potential pitfalls of an unplanned retirement
- Learning the four pillars of a healthy, purposeful retirement
- Providing an action-based roadmap to the retirement you dreamed of

Foster is an executive recruiter and career coach who transitioned to working with those at or beyond the mid-point in life. He spent three decades working in the corporate world, and it was through these combined experiences he witnessed both the anxiety and unplanned nature of people entering into retirement. He began to observe and understand the disappointments many were experiencing as they moved into and through the third age of life.

"The period between middle-age and true old age, the time we can call the third age, can and should be the happiest, most productive and fulfilling time of our lives," said Foster. "For that to be true, we need to shed many of the myths and messages we have brought forward from the 20th Century that hold us back. The concept of a traditional labor-to-leisure retirement is one of those deterrents. The new retirement is one of a balance of labor, love, leisure, and learning. That is the focus of this workshop."

To register for What's Next? visit highlandsranch.org/signmeup. For more information, contact Jodie McCann at 720-240-4922 or jmccann@highlandsranch.org.

Founded in 1981 as the local government in Highlands Ranch, Colorado, the Metro District provides a variety of municipal services to this planned community of 93,000 people. Learn more about the Metro District at www.highlandsranch.org

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