



Learn to Retire with Attitude!

Retirement really is a fabulous time of life, but it can sometimes be a challenge to find out how best to use your new-found leisure. The U3A has developed a national course, which is available here in Chelmsford. You will explore the full range of opportunities open to you and we will help you better understand what interests and motivates you. You will be working with people of a similar age and background. Everyone will learn from each other, in a supportive, social, but wholly confidential setting.

By the end of the course:

- You will feel **more confident** about who you are/will be as a retired person
- You will have developed a **personal 'strategy'** for making the most of your retirement
- You will have **identified opportunities and ideas** to explore and follow up

Next Course Commences: Monday 11th May 2020

Venue: Gt. Baddow Millennium Centre

Attendance: 3 hours per day, 1 day per week, for 5 weeks

Cost: £25 to cover venue hire and printing costs

***For more information contact: Lesley Wood by email
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