

This webinar is presented on behalf of ESP to support our mission of professional development. Our organization provides its members with many other benefits. If you are interested in joining ESP, email the National ESP office, esppoffice@espnational.org for membership information.

AGENDA

(Time 12:00 - 1:00 EDT)

- 11:45 Log-in
- 12:00 Welcome – Mark Platten
Introduction of Presenter
- Trends between retirement and poorer health outcomes;
- Need to stay socially, cognitively, and physically active in order promote optimal aging;
- Ways to remain active in one’s family, community, or professional association;
- Need to establish adequate time management during retirement; and
- Making a plan for balancing work or volunteer commitments with free time and time for oneself.
- 12:50 Q&A Discussion
- 12:55 Wrap-up Discussion and Session Evaluation – Mark Platten

Questions About The Webinar?

Email: mark.platten@colostate.edu

Tips for a Healthy Transition into Retirement

Friday, April 20, 2018

12:00 Noon Eastern, 11:00 AM Central,
10:00 AM Mountain, 9:00 AM Pacific

Click Here to Register and attend:
<https://learn.extension.org/events/3407>

Workshop Presenters:

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