Keys to a “Stress Less” Retirement

It’s not just about your finances!

Retirement can seem scary, but it doesn’t have to be. Here’s your chance to learn from and question two SUNY retirees. They’ll talk about how they prepared emotionally for retirement and give advice on the non-financial aspects of retirement preparation – including the importance of having a plan, finding purpose, and the connection between staying engaged and staying healthy. You’ll also hear from representatives of the SUNY Retirees Service Corps, who will talk about the services their organization provides.

**PANELISTS:**
* Dr. Ram Chugh, Distinguished Service Professor of Economics (Emeritus), SUNY Potsdam; Executive Director Emeritus, SUNY Retirees Service Corps, SUNY System Administration; Board Member, University at Albany Emeritus Center
* Jim Kalas, Associate Provost (Retired), SUNY System Administration; Lecturer (Emeritus), University at Albany
* Julie Petti, Director, University-wide Human Resources, SUNY System Administration
* Pierre Radimak, Coordinator, SUNY Retirees Service Corps; Editor, SUNY Retirees Newsletter

**To Register**
Contact: Brenda Seckerson
EAP Coordinator
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518.442.5483

Or register online:
HTTP://WWW.ALBANY.EDU/EAP/EVENT_SIGN-UP.HTM

**Wednesday, November 15**
Noon—1:00 pm
Assembly Hall
Campus Center

**Stress Less Month Sponsors:**