It’s Not Just About the Money: The Social and Psychological Aspects of Retirement

Retiring isn’t just about having enough money to do so. It’s also about your own wellness once you do retire!

UAlbany’s Employee Assistance Coordinator (EAP) Christine Priest, will present this session. During this session we will define retirement, identify the facets and stages of retirement, help you develop an understanding of the range of emotions related to retirement, examine how to create and sustain a positive attitude to improve overall wellness during retirement, and outline how to find passion and purpose during retirement.

**To register click on the following link:**
https://albany.zoom.us/meeting/register/tJ0tdeGtqDsrGN3TtW3fA7KrxaKVgYKF3oXf

**Friday, March 19, 2021**
Noon—1:00 pm
Registration required to receive webinar link.

For questions contact Christine Priest,
EAP Coordinator, at eap@albany.edu
or by phone at: 518-442-5483

This session is open to all UAlbany Employees.