

## 4 Engaging, Energizing, and Informative Classes to Embrace and Enjoy Your Golden Chapter

### **Congratulations on YOUR Retirement! ~Now What?**

10/17, 1-3, Saluki Recreation **OR** 2/27, 10-12, Allamanda

### **From re-TIRE-ment to re-ENERGIZE-ment ~Make the Shift!**

11/1, 10-12, Colony Recreation **OR** 1/17, 3-5, Homestead Recreation

### **When Life Gives You Lemons ~Make Lemonade!**

12/10, 1-3, Pimlico Recreation **OR** 3/21, 1-3, Aviary Recreation

### **\*NEW – Friendship Strategies ~How to Find Your People, Your Tribe**

10/24, 10-12, Coconut Grove Recreation **OR** 2/25, 1-3, Truman Recreation

All classes come with a comprehensive workbook for future reference and practice.

**All classes are open to the public.** Fee: R \$25 G \$31

*Instructor: Nancy Stampahar*



#### **Evaluation Comments:**

*"Nancy is awesome! Great speaker, knowledgeable and got participation from the group. Highly recommend this class."*

*"Nancy was entertaining while delivering course content, invited and responded with understanding and positive responses to questions and stories from audience, and provided materials to take home to practice what was offered by the course. Would recommend to anyone."*

To register, stop by any **"At Your Service Location"** or online at: [www.TheEnrichmentAcademy.org](http://www.TheEnrichmentAcademy.org)