



**Providence
Health Care**

How you want to be treated.

The Emotional Effects of Retirement Webinar

Session Description

Planning to retire can be a source of both excitement and anxiety. Whatever the emotional response, retirement marks a transition to a new life stage and lifestyle in which daily routines, identity, and roles all change. This session will introduce participants to the emotional effects of retirement. Participants will get an opportunity to reflect on what their ideal retirement looks like and what they can do to make it happen.

Registration link:

Link: <https://forms.gle/viwGYJoBnPJPpRwJA>. You can sign up to attend live sessions or receive access to the recording, which will be available on the [EFAP page](#) on connect for 1 month after the session.



March 26, 12 pm - 1 pm

The Emotional Effects of Retirement

Questions? Email wellness@providencehealth.bc.ca