

# CALLING ALL (AND SOON-TO-BE) RETIREES!

**ARE YOU READY FOR THE NEXT CHAPTER OF YOUR LIFE?**

Join us for a transformative workshop that will guide you toward finding your sense of purpose.

During the workshop, you'll have the opportunity to:

- Take time to think about and plan for the adjustment to retirement
- Consider the impact of retirement on yourself, family, and friends
- Set goals for retirement, considering health, lifestyle, and interests
- Discuss any potential challenges, concerns, or drawbacks of retirement
- Connect with opportunities that match your interests and aspirations



**April** 11th Greystone Community Centre, CA1 2HA

**May** 23rd Civic Hall & Masonic Centre, Cleator Moor CA25 5AP

**June** 13th The Settlement, Maryport CA15 6BQ

**July** 18th Workington/Maryport TBC

**September** 6th The Settlement, Maryport CA15 6BQ

19th Workington/Maryport TBC

**October** 18th Workington/Maryport TBC

**November** 15th Workington/Maryport TBC



**To secure your place please email [info@cforlp.org.uk](mailto:info@cforlp.org.uk) or phone 01900 824822**

We are pleased to offer these courses free thanks to funding from Allerdale GDF Community Partnership and Cumbria Community Foundation through Cumberland Council's UK Shared Prosperity Fund: a central pillar of the UK government's Levelling Up agenda

