

## Life after retirement focus of April 27 HCC workshop

HOLYOKE – Holyoke Community College will present a three-hour, in-person workshop on Wed., April 27, focusing on life after retirement.

“Rewire: Finding Purpose and Fulfillment After Retirement” will meet from 6 to 9 p.m. in the Kittredge Center for Business and Workforce Development on HCC’s main campus, 303 Homestead Ave.

The workshop will be facilitated by former career counselor Barbara Foster, M.Ed.

“Retirement is a major life transition, not unlike a major career change,” said Foster. “People often fail to consider how they will find purpose and fulfillment in retirement. The average 65-year-old will remain active for 20 years or more after leaving a full-time job. The workshop will assist both pre-retirees and recently retired people to consider

how they will spend the 2,000 hours a year they formerly spent at work. This could be volunteering, starting a new business, developing hobbies, seeking part-time work or new learning experiences.”

The workshop will offer a series of exercises and self-assessments, as well as time to reflect, brainstorm with others, and develop goals and a vision for this new chapter of life. Participants will also leave with an extensive list of resources to explore.

Space is limited, so advance registration is required.

To register, please go to [hcc.edu/rewire](http://hcc.edu/rewire) or call 413-552-2500 for more information. The cost is \$39.

Please note that proof of COVID-vaccination is required for all workshop participants and masks must be worn in all HCC campus buildings.