



Attention Retirees and *soon-to-be* Retirees!!

LIVING A BETTER SECOND HALF OF LIFE WORKSHOP

A workshop designed to help pre-retirees and retirees transition into a more purpose filled life

Saturday, September 30, 2023 at the 50 North Café

11:00 am—11:45 pm Lunch

11:45 am—2:30 pm Workshop Begins

**FREE must register, call 50 North at 423-8496
to make your reservation. Space is limited to the first 100 registered.**

Workshop includes free lunch. The workshop sessions are 25 minutes each and are listed below.

Navigating Relationships in our Second Half

Presenter Scott Miller, Life Coach, Hixon Zuercher Capital Management



Our relationship with others changes as we get older and this can leave us in isolation and feeling lonely. How can we navigate these changes? This breakout session will address these changes and give you strategies to improve your social connections.

Organizing Ideas for Lifestyle Changes

Presenter: Deb Harvitt, De-Clutter with Deb

We will share suggestions on how to manage your time and make adjustments to your living space. The purpose of this session is to help each person find ways to focus on what is most important in their lives.

Physical Health/Wellness

Presenter: Annie Hayes, 50 North Personal Trainer/Healthy Living Nutrition Coach

Improve your habits in the areas of nutrition, strength training, mobility, and balance. Learn “bite sized movement snacks” that require just 10 minutes a day to improve your current lifestyle.

Reimagine: Developing a Vision for your Second Half

Presenter: Tony Hixon, CEO Hixon Zuercher Capital Management

Do you feel lost sometimes and lacking in direction and purpose? Do you find yourself bored and not knowing what to do next? This breakout session will help participants create a vision by refocusing and reorienting ourselves to a new and exciting future.

Part of The Findlay-Hancock County Community Foundation’s Fun for All Series

