



**Providence
Health Care**

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Emotional Effects of Retirement Webinar

Session Description

As part of the Wellness Wednesday Webinar Spring Series, join PHC Wellness in partnership with Homewood Health for a 1 hour webinar on The Emotional Effects of Retirement.

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

To register to join live or to receive the link to the recording via email, click [here](#).



June 19, 2024
12 pm - 1 pm

Emotional Effects of
Retirement

Questions? Email wellness@providencehealth.bc.ca