



What's next?

Most employees nearing retirement will plan for their financial needs and may not have given much thought to LIFE PLANNING that contributes to a successful transition into retirement.



About us:

Community Development Halton (CDH) is a nonprofit organization, serving the Halton community, through research, community development and volunteerism. CDH supports age-friendly initiatives that enhance the quality of life of older adults through education, engagement, and empowerment.

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Changing Lanes: Aging Well into Retirement

What's next?





What we do:

Offered at no cost, we provide an opportunity to support your employees as they **TRANSITION INTO RETIREMENT**, with a unique focus on healthy and active aging.

Through our Senior Connector Program, we will:

- Facilitate an interactive 45-minute **Lunch and Learn** at your workplace
- Share knowledge and resources that can support employees through a time of change, to discover “what’s next” on their new path

Benefits of Changing Lanes:

- Participate in and support your employees’ well-being, now and for a successful retirement
- Become knowledgeable about key resources and information available in your community
- Contribute to your employees’ LIFE planning goals, towards healthy and active aging
- Be seen as a leader in the business community

“It is good to know about the variety of choices that I can make upon my retirement, and how I can keep active and engaged in my community.”



What does it mean to age well?

Research tells us:

- Having a sense of purpose can add years to your life
- Life-long learning means just that! Take on new challenges and activities, however defined by you
- Maintain social connections, and make new ones
- Engage in community life
- Find your passion
- Keep active
- Find your own rhythm
- Have fun!