



Wednesday, 29 May 2019

## **How to cook up a great retirement Inspirational workshop reveals the six secret ingredients**

**Eva Bennett at two** *“The 6 Ingredients to Cook up a Great Life in Retirement”* and *“Four Levels Of Fitness”*

### **Wollongong**

When: 11<sup>th</sup> June 2019

Time: 9am – 12 pm

Where: City Diggers,

*Free for My Club Connect Members - Including Free Morning Tea .*

### **Shell Cove**

When: 12<sup>th</sup> June 2019

Time: 2pm – 6pm

Where: Warrigal Shell Cove, 50 Harbour Boulevard, Shell Cove

*Free for My Club Connect Members - Including Free Afternoon Tea*

If you're thinking of full-time or part time retirement or are retired, you've probably done some financial planning but have you planned for the other aspects of your life? You may have a 'bucket list' to tick off, but retirement can last up to 40 years - what will your life look like? What will be your purpose and your joy?

My Club Connect is pleased to announce inspirational speaker Eva Bennett will be presenting: *“The 6 Ingredients To Cook Up A Great Life In Retirement”* and *“Four Levels Of Fitness”* at City Diggers Wollongong and Warrigal Shell Cove in June.

Eva says, “Financial planning is not the only preparation we need for a successful life in retirement. Life planning is just as important, especially as we are living 20-30 years longer than people 100 years ago and have more time to fill in. Instead of fearing this new stage of life – “What am I going to do all day?” so many people have told me how much more confident they feel about retirement and the things they can start doing to prepare for it.”

This is a great opportunity to gauge if you're on track or if there are areas of your life that need attention. Remember, it's not always about the money, but rather, how you want to live the rest of your life and the fundamentals you need to do this.

Twelve years ago, prompted by her own life experiences, she wrote her first book, “So What Do We Do Now? The Baby Boomers' Guide to Enjoying Retirement” At the time of her husband's retirement, they found that even though there was plenty of advice about financial planning, there was very little about the life planning side of retirement.

Eva has presented at over 300 seminars around Australia about the life planning side of retirement to help many people enjoy a happy, healthy and purposeful retirement.

These Workshops are free for My Club Connect members – and anyone 55 or over can join My Club Connect for free. Non Members \$12

**My Club Connect** If you're over 55 and love to have fun while meeting others from your community, join My Club Connect. Membership to My Club Connect is free and not limited to Warrigal customers.

Joining this fun, inclusive community will bring you together with like-minded people, to enjoy the activities you love.

My Club Connect provides a platform to find and access local groups and special interest clubs.

My Club Connect was founded in 2018 by Warrigal; a Community based Not for Profit whose purpose is 'creating inspiring communities for older people'. Warrigal has heeded research that an active lifestyle promoting wellbeing, positive social activities and physical exercise is vital in improving health outcomes.

Since launching, My Club Connect has attracted over 1800 members and has brought together over 119 local clubs (and growing!) catering for interests as diverse as a brewers club and art groups, to walking groups and vintage car lovers. (There may be a membership fee to join some individual clubs)

My Club Connect will also support you if you want to start your own club or special interest group.

My Club Connect is also designed to provide you access to exclusive offers and discounts from local Club Connect business partners.

To RSVP, please call 1800 Warrigal or go to [myclubconnect.com.au](http://myclubconnect.com.au)

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