

POSITIVE AGEING MINDSET FOR LIFE

 mindset for life



CITY OF



MITCHAM



WHAT'S YOUR MINDSET FOR RETIREMENT?

When you decide to stop working it can be challenging to work out what matters to you and what you want to do with your time.

Mindset for Life is a three-session program designed to help people think about these questions and find some answers. The program is aimed at people who are approaching retirement or have recently retired.

REGISTRATION & ENQUIRIES

This is a quad-council initiative. To register your interest please contact your local council.

City of Holdfast Bay

Community Wellbeing
Program
(08) 8229 9828

City of Marion

Positive Ageing and
Inclusion
(08) 8375 6708

City of Mitcham

Community Wellbeing
Program
(08) 8372 8887

City of Onkaparinga

Active Ageing
(08) 8384 0161

VENUE & TIME

Cove Civic Centre

1 Ragamuffin Dr, Hallett Cove
Tuesday 11 Feb
Tuesday 18 Feb
Tuesday 17 Mar
10am – 1pm

ABOUT THE SESSIONS

- Light refreshment provided
- Spaces are limited
- Transport available on request

Supported by

Office for Ageing Well



SA Health