

Midlife Future Planning Course

The lifestyle courses are designed to promote the benefits of planning for the future whether the choice is to retire or continue working. All courses are interactive and delivered in a relaxed and informal style to allow participants to discuss issues they feel are relevant to their personal needs.

All courses are facilitated by Agewell Midlife Planning Coordinators.

Additional speakers are used to present specific issues such as health and finance.

The Midlife Future Planning Course can be delivered as a 2 day 1 day or 1/2 day programme or as modules.

Two day course

- Health information
- Interactive case study
- Flexible retirement and work options
- Physical activity and leisure services
- Maintaining a healthy mind and body
- Finance and Pension planning

Course options

The one day course 1/2 day course and modules are shortened versions of the two day course. We will work with your organisation to design and deliver the appropriate course. Contact us for further information.

Contact details

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