

SUMMER RETIREMENT READINESS SERIES

Your Passport to Retirement

Session 10 of 10 • Life After Retirement: Lifestyle, Purpose & Planning Ahead

 **Thursday, August 13** | Noon – 1 p.m. | Virtual via Microsoft Teams

 [Registration Link](#)

Your retirement journey starts here.

The **Summer Retirement Readiness Series: Your Passport to the Next Chapter** is a 10-part webinar series designed to guide Pitt employees through every aspect of planning for and transitioning into retirement. Each session takes a deeper dive into a specific topic, giving you the knowledge and tools you need to retire with confidence.

In Session #10, our subject matter experts will cover:

- **OSHER opportunities in retirement** – exploring the Osher Lifelong Learning Institute and other University programs that keep you connected, curious, and engaged
- **Rediscovering hobbies and personal interests** – reclaiming the passions and pursuits that full-time work may have pushed aside
- **Mental and physical health benefits of volunteering** – the research-backed ways giving back supports your overall wellbeing
- **Designing a purposeful retirement lifestyle** – frameworks for building a retirement that reflects your values, energy, and goals
- **Maintaining social connections** – strategies for staying connected to colleagues, friends, family, and community as your routine changes
- **Vision-boarding and goal-setting exercises** – hands-on tools to help you visualize and plan the retirement you want

There will also be time at the end of the session for live Q&A.

This series is open to all Pitt employees.

REGISTER NOW →

After registering, you'll receive a confirmation email with instructions on how to join the session. This session will be recorded, and slides made available following the session on the [Retirement Readiness](#) webpage.

[Download the Passport \(PDF\)](#) to keep track of your progress and take notes!

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Presented by the Office of Human Resources, Benefits Department