

## SUMMER RETIREMENT READINESS SERIES

# Your Passport to Retirement

Session 8 of 10 • Mindfulness & Wellbeing in Retirement

 **Tuesday, August 11** | 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 #8, our subject matter expert will cover:**

- **Mindfulness and stress-reduction techniques** – practical tools and approaches to help manage the emotional and psychological changes that come with retirement
- **Taking intentional pauses and mental resets** – how to incorporate moments of stillness and reflection into your daily routine to support a smoother, more fulfilling transition
- **Healthy routines to support wellbeing in retirement** – building sustainable habits around movement, sleep, social connection, and purpose that keep you thriving long after your last day of work

*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!

The information provided is accurate as of the date of this presentation and is intended for general guidance only. Any future modifications or updates will be communicated as they occur. Staff, Faculty, and Librarians under Collective Bargaining Agreements are governed according to the terms of those agreements.

*Presented by the Office of Human Resources, Benefits Department*