


SUMMER RETIREMENT READINESS SERIES

Your Passport to Retirement

Session 9 of 10 • The Human Side of Retirement: What Science Tells Us About Aging Well

 **Wednesday, August 12** | 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 #9, our subject matter experts will cover:

- **The science of aging** – what current research tells us about how and why we age, and what it means for your health and longevity
- **Biological aging and interventions** – evidence-based strategies to slow biological aging and maintain vitality into retirement
- **Social influences on health** – how relationships, community, and social connection impact your wellbeing as you age
- **Healthy aging in practice** – practical, research-backed habits and lifestyle choices to support a longer, healthier retirement
- **Elder health and wellbeing** – key health considerations to be aware of as you transition into and through retirement

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