



Mayor Jake Wilson

## Upcoming AARP Speakers Bureau Presentation **Adapting and Transitioning as We Age**

**Time:** Wednesday, April 1<sup>st</sup> at 2pm

**Location:** 167 Holland St, Somerville, MA 02144

**Description:** This presentation is about how we can best navigate life's changes, such as retirement, so that we can continue to enjoy our lives and our loved ones.

We will discuss the importance of developing a personal management system which will help us continue to thrive and stay connected in retirement. Planning may make you feel more secure and comfortable and, therefore, have more time and energy to deal with the numerous aspects of rapid change during the retirement transition.

**Presenter:** Theresa Chaklos, AARP MA Speakers Bureau Volunteer

**RSVP by contacting Molly at 617-625-6600 ext 2318 or [mpagliuca@somervillema.gov](mailto:mpagliuca@somervillema.gov)**

***This program has been implemented as a result of the Aging in Somerville Community Needs Assessment. It is thanks to feedback from our community that we are able to create programs to help older adults continue to age well in Somerville.***



Persons with disabilities may request accommodations to access the programs, activities, and meetings of the City of Somerville by contacting the ADA Coordinator at 617-625-6600 x 2059 or [ADA@somervillema.gov](mailto:ADA@somervillema.gov) in advance of the event.

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