

Happier retirement life !

If you are 55 years old or above, retired or going to get retired, wishes to:

- organise and plan for retirement life
- look for something meaningful to do
- enhance health or quality of life
- know more friends
- enjoy a happier retirement life

Welcome to this group !

Date : tentatively 8 sessions from 19 Sept 2016 (8 Mondays)

Time : 10am - 12:30pm

Venue : Chinese Community Social Services Centre Box Hill Office (Suite 9A, Professional Suites, Box Hill Central, 17 Market Street, Box Hill, Vic 3128)

Activities :

- through discussion and sharing in a group, gain better understandings on your situations, strengths and blind spots, learn positive thinking skills
- formulate your life goals and objectives, achieve them step by step
- our staff and volunteers will become your coach/friend, accompany and support you to achieve your goals and live an active and fulfilling retirement life

Fee : free of charge

Enquiry or registration, please contact Maggie or Dolly on 9898 1965