

# Paths to purpose & participation

Welcome to life's next exciting chapter.

You may be wondering, "How might I fill my days now that I'm retired?" Get inspired by taking an inside look at how Mary has swapped coffee runs for yoga class and paperwork for peace-of-mind. You can use this worksheet to set personal goals to transition seamlessly into a new routine.

## Mary's new groove

8:30 AM



Coffee run



Cardio class

12:00 PM



Lunch on the run



Leisurely lunch at home

3:00 PM

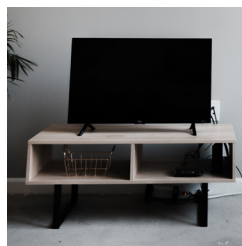


Piles of paperwork



Connect with community

7:00 PM



Channel surfing



Party with friends

## How will you...

Stay active and healthy?

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- Chronic disease management ([www.georgiahealthmatters.org](http://www.georgiahealthmatters.org))
- Exercise classes
- Senior centers
- Community centers

Give back to your community?

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- Volunteer with us ([www.empowerline.org/volunteer](http://www.empowerline.org/volunteer))
- Other volunteer opportunities ([www.volunteermatch.org](http://www.volunteermatch.org))

Engage in lifelong learning?

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- Take a free college class ([www.usg.edu/information/adult\\_learners\\_age\\_62\\_and\\_older](http://www.usg.edu/information/adult_learners_age_62_and_older))
- Other educational opportunities

Connect with friends and neighbors?

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- Civic activities
- Faith engagements
- Community events

**LEARN MORE**

(404) 463-3333

[www.empowerline.org](http://www.empowerline.org)



Atlanta Regional Commission

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