

## **Retirement 101: Your Personal Roadmap to Retirement**

*Presented by Sylvia Nissenboim, LCSW*



This 4-part workshop will help you determine answers to the following questions: What is driving you, where are you headed, that's the purpose of your trip, how far have you come, and what's next? Sylvia Nissenboim, is a Licensed Clinical Social Worker, certified Strategic Intervention Coach and

Author/Trainer. In addition to her private clinical practice, Lifework Transitions, she coaches, trains and consults with individuals, small businesses, nonprofit agencies and national organizations on strategic tools for personal and professional growth. \$50, registration required, call 314-395-0988 or go to [www.shepherdscenter-wk.org](http://www.shepherdscenter-wk.org) to download a registration form.

**Thursdays; October 27-November 17; 6-7:30 pm, 4-week class  
Shepherd's Center at Webster Hills UMC  
1333 West Lockwood, Glendale, MO 63122**



*inspiring older adults through volunteerism, enrichment and community connection*