



Join dynamic instructor Nancy Stampahar for four different engaging, energizing, and informative classes designed to help you edit your retirement lifestyle. All classes are **open to the public** and include a workbook for future reference and practice.

2-Hour Class Descriptions

- Congratulations on YOUR Retirement! ~Now What?:** Navigate the non-financial side of retirement, discover your non-career identity, and avoid the "10 Common Retirement Sand Traps".
- Empower Your Power for Men & Women:** Learn to let go of what you can't control, silence your inner critic, and set confident boundaries to step into your authentic self.
- Friendship Strategies ~How to Find Your People:** Whether introverted or looking for "your tribe," learn strategies to foster new friends and build a connected community.
- The Power of Purpose ~Find Fulfillment and Bliss:** Explore your life experiences to find unique possibilities for greater joy and fulfillment.

Each class is two hours long and offered twice per semester.

Fees: Residents: \$25 | Guest: \$31

Class Title	Date & Time	TV Rec Center
Congratulations on YOUR Retirement!	Wednesday, 10/21 (2-4 PM)	Sterling Heights
	Tuesday, 1/26 (2-4 PM)	Lake Miona
Empower Your Power for Men & Women	Wednesday, 11/18 (2-4 PM)	Rohan
	Tuesday, 3/23 (2-4 PM)	Lake Miona
Friendship Strategies	Wednesday, 10/28 (2-4 PM)	Colony
	Tuesday, 2/9 (2-4 PM)	Lake Miona
The Power of Purpose	Tuesday, 1/12 (2-4 PM)	Lake Miona
	Wednesday, 2/24 (2-4 PM)	Lake Miona



"Nancy was entertaining while delivering course content, invited and responded with understanding and positive responses to questions and stories from audience, and provided materials to take home to practice what was offered by the course. Would recommend to anyone."

"Nancy is awesome! Great speaker, knowledgeable and got participation from the group. Highly recommend this class."

3-WAYS TO REGISTER!

1 ONLINE REGISTRATION
TheEnrichmentAcademy.org
 View the course catalog and register for classes 24/7 on our website!

2 IN PERSON: MONDAY - FRIDAY 8:30AM - 4PM
 Visit any of these **At Your Service Locations**

Colony Cottage Recreation	La Hacienda Recreation	Paradise Recreation
Eisenhower Recreation	Lake Miona Recreation	Rohan Recreation
Everglades Recreation	Laurel Manor Recreation	Savannah Recreation
Ezell Recreation	Mulberry Grove Recreation	SeaBreeze Recreation
Fenney Recreation	Olympia Recreation	

SAT & SUN 8:30AM - 12PM: Eisenhower, Everglades, La Hacienda, Lake Miona, Olympia, and Rohan

3 BY MAIL: 3571 Kiessel Road | The Villages 32163



Join me to learn and grow.