



## FOR IMMEDIATE RELEASE

### Retire with Confidence!

**Guelph, ON** – November 1, 2018 – ‘Retire with Confidence’ is an info series of free sessions with the goal of providing resources to adults 55+ as they plan for or enter retirement. This is an ideal time to introduce connections and information that help to establish healthy life decisions into older adulthood. Retire with Confidence approaches health from a holistic perspective and go beyond physical health to include financial, social well-being and more.

“Through our work in information and referral”, says Christine Oldfield, Executive Director “PIN understands the services most requested and are in a unique position to promote those services even before they are needed.” “Through our work to promote and recruit volunteers, we are also well positioned to help adults in the next chapters of life find meaningful ways to engage in their community through volunteering; we are pleased to have the opportunity to provide this series.”

With thanks to funding from the Government of Ontario, PIN, The People and Information Network will host this series complete with hot topic speakers, select information booths along with food, drink and raffle prizes. Spaces are limited and registration is required.

**WHEN:** Thursdays, November 15 – December 6, 2018

**WHERE:** Silence. 46 Essex St., Guelph

**TIME:** 6:00 – 8:00 pm

**REGISTRATION:** [PINnetwork.ca](http://PINnetwork.ca)

- **ENDS** -

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**PIN, The People and Information Network**

We provide connections and leadership in Guelph and Wellington County to support the development of individuals and organizations. We help people navigate essential community services, provide a hub for volunteer opportunities and engagement, and enable best practices and continuous learning for professionals in the non-profit sector. **[PINnetwork.ca](http://PINnetwork.ca)**