The UCSD Retirement Association presents:

*Life Begins at Seventy*

presented by author Alan Mindell

**Wednesday, May 3, 2017 ∞ 11:45 AM– 1:15 PM**

at the UCSD Retirement Resource Center (UC 400)

Please register at [https://hrweb.ucsd.edu/ra/](https://hrweb.ucsd.edu/ra/) or call (858) 534-4724, if you do not have on line access.

Are you close to retirement? Already retired? Wondering what to do with your "golden years?" How to get the most out of them. Forget the "rocking chair." Discover how to get the most out of life, no matter what your age or physical condition. "Giving up" or "sitting back" are not options. Instead, the motto should be, "Keep your dreams alive, it's never too late for great things to happen." Join us as Alan Mindell, through his own experiences, demonstrates some of the abundant possibilities for people of age. Most of us have hidden, untapped talents. It's never too late to uncover these and flourish late in life.