

Tau Center  
Spring 2018

## When Retirement Comes: A Men's Retreat

Friday, March 2, 9:30am-4:00pm

### Moving from Quantity to QUALITY

Sometimes what frightens us the most about retirement is its misconception that it implies a withdrawing or retreat, as from worldly matters or the company of others. We might initially think we'll be out of contact, out of the flow, relegated to the sidelines, or become irrelevant as the rest of the world continues with their purposeful endeavors.

Nonsense! Retirement is no time to pack it in. Rather, this is an important time to shift our priorities and energies from a life of quantity and doing (accumulating education, careers, family, jobs, money, things, etc.) to a life of quality and being (depth, meaning, wisdom, celebration, etc.). This last significant developmental stage in our lives requires that we navigate it with the wisdom we have reaped throughout our life experiences. In this retreat, we will explore some of the reservations regarding retirement and begin to re-write a new script, a new storyline that honors this unique opportunity in our lives. We have worked hard to get here, and now it's our turn to enjoy this change. Let's do this together! (Lunch included.)



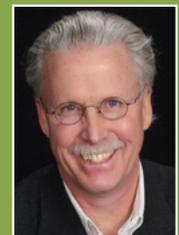
**\$95 Early Registration through February 13.**  
(After 2/13, registration is \$125.)

#### About the facilitator...

**Thomas Roberts**, the author of "The Mindfulness Workbook: A Beginner's Guide to Overcoming Fear and Embracing Compassion (New Harbinger Press, 2009)," regularly presents at training sessions, workshops and retreats at local, regional and national levels. He is adjunct professor at Viterbo University in La Crosse, Wis., and St. Cloud State University in St. Cloud, Minn., where he teaches students mind-body healing, integrative medicine and a variety of other related topics. He also has an online course through PDR, Mindfulness: The Healing Power of Compassionate Presence, where his online class is ranked as a "best seller."



PROGRAM  
FACILITATORS



Thomas Roberts,  
LCSW, LMFT

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