



8 a.m. – 5 p.m. Saturday, October 14, 2017
University of New England Portland Campus
Portland, Maine

Your Second Act Maine is an all-day event designed to introduce you to many different ideas about your transition to retirement or whatever you want to do in your next life chapter! You'll listen to an inspiring keynote speaker and then choose 3 of 12 workshops in an all-day conference designed to help you explore lifestyle, work and wellness after 50.

The \$99 fee includes workshops, continental breakfast, lunch, and a post-conference afternoon wine-and-cheese gathering to meet the authors and speakers from the day. There are no refunds, but you can send someone in your place if you can't make it. Parking is free. Please visit www.YourSecondActMaine.com for more information.

Please fill out this registration form, make your workshop choices, and enclose both sheets with your check for \$99 made out to Your Second Act Maine, mailed to:

Your Second Act Maine
Maine Senior Guide
P.O. Box 48
Freeport, ME 04032

If you want to pay by credit card, feel free to call Deborah at 207-232-7847 or use the Eventbrite tab on the Second Act website.

Name

Address

Town/State/Zip

Email

Phone

Name: _____

Workshop Choices: Please choose **one** for each time period. Remember to mail this form back with your registration.

10:00-11:00 Workshops

- Lifestyle:** Dori Mintzer, *Must Have Couples Conversations Before Retirement*
- Wellness:** Susan Doughty, *How To Thrive After 55*
- Work:** Jim Peacock, *Creating Your Unique Brand for Your Second Act*

11:00-11:15 Break

11:15-12:15 Workshops

- Lifestyle:** Katharine Avery, *Update Your Home for Lifelong Living*
- Lifestyle:** Susanna Liller, *Walk the Labyrinth, Step Into Your Knowing*
- Wellness:** Marguerite Stapleton, *Second Act Spirituality*
- Work:** Jackie James, *How is Maine's Aging Workforce Impacting You?*
- Work:** Nancy Rankin, *Let Your Art Speak After 50*

12:30-1:15 Lunch & Networking

- Regular delicious box lunch
- Gluten-free delicious box lunch
- Vegan/vegetarian delicious box lunch

1:30-2:30 Workshops

- Lifestyle:** Amy Wood, *Act Two Your Way*
- Wellness:** Martha Williams, *Yoga with a Twist: Stretch and Strengthen into Healthy Aging*
- Wellness:** Anne Murray, *Releasing Your Song Within: Exploring Your Legacy*
- Work:** Gigi Guyton, *Exploring Entrepreneurship at 50+*

2:45-4:00 Interactive Closing Session: Passion for Life – Gregg Levoy

4:00-5:00 Wine reception, book signings & sales, raffle