



8 a.m. – 5 p.m. Saturday, October 20, 2018
University of New England Portland Campus
713 Stevens Av., 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 9 workshops in an all-day conference designed to help you explore lifestyle, work and wellness after 50.

The \$125 fee includes workshops, morning coffee, lunch, and a post-conference afternoon opportunity 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 \$125 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, please 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.**

8:45 – 9:30 Keynote:

The Call of Prime Time: Reinventing Yourself in the Second Half **with Gregg Levoy**

9:45-11:00 Workshops

- Lifestyle:** Scott Woodard, *Your Brand in the Second Half of Life*
- Wellness:** Martha Williams, *Yoga for a Peaceful, Powerful YOU*
- Work:** David Lee, *Using “what brings you alive” as your Second Act GPS*

11:00-11:15 Break

11:15-12:30 Workshops

- Lifestyle:** Doug Babkirk and Kate (Babkirk) Brandeis, *The Art of Grandparenting*
- Lifestyle:** Susanna Liller, *Walk the Labyrinth, Step Into Your Knowing*
- Wellness:** Anne Butler, *Choosing Wisely: Conversations at the End of Life*
- Work:** Barbara Babkirk, *Three Key Elements to Guide Your Second Act*

12:30-1:15 Lunch & Networking

- Regular delicious lunch
- Gluten-free delicious lunch
- Vegetarian delicious lunch

1:30-2:45 Workshops

- Lifestyle:** Amy Wood, *Envisioning Your Future Together: A Workshop for Couples*
- Lifestyle:** Tom Butler, *An Interview of Lifetime: Let Your Life Speak*
- Wellness:** Peg Doyle, *Live Long and Well Through Thoughtful Nutrition*
- Work:** Nancy Strojny, *50+ is the new Business Start-up Generation!*

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

4:00-5:00 Networking, book signings & sales, raffle