



RETIREMENT

Planning for a Life Transition

Did you know that when we retire we increase our risk of social isolation?

The **Réseau résilience aîné.es Montréal** created leaflets to help you.

Discover tips for a fulfilling retirement:

resilienceaineemtl.ca



This project for active retirement is part of a larger project, the Plan d'impact collectif – Réseau Résilience Aîné.es Montréal (RRAM) that aims to foster resilience, inclusion and social participation for Older Adults in Montréal.