



# 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 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.