

Join dynamic instructor **Nancy Stampahar** for a series of four engaging, energizing, and informative classes designed to help you edit your lifestyle. All classes are **open to the public** and include a workbook for future reference and practice.

### 2-Hour Class Descriptions

**Congratulations on YOUR Retirement! ~Now What?:** Navigate the non-financial side of retirement, discover your non-career identity, and avoid the "10 Common Retirement Sand Traps".

**Empower Your Power for Men & Women:** Learn to let go of what you can't control, silence your inner critic, and set confident boundaries to step into your authentic self.

**Friendship Strategies ~How to Find Your People:** Whether introverted or looking for "your tribe," learn strategies to foster new friends and build a connected community.

**The Power of Purpose ~Find Fulfillment and Bliss:** Explore your life experiences to find unique possibilities for greater joy and fulfillment.

Each class is two hours long and offered twice per semester.

**Fees:** Residents: \$25 | Guest: \$31

Class Title	Date & Time	TV Rec Center
<b>Congratulations on YOUR Retirement!</b>	Tuesday, 4/28 (2-4 PM)	Lake Miona
	Tuesday, 8/11 (2-4 PM)	Colony Cottage
<b>Empower Your Power for Men &amp; Women</b>	Wednesday, 6/17 (2-4 PM)	Colony Cottage
	Wednesday, 9/2 (2-4 PM)	Aviary
<b>Friendship Strategies</b>	Tuesday, 4/14 (2-4 PM)	Truman
	Tuesday, 8/18 (2-4 PM)	Lake Miona
<b>The Power of Purpose</b>	Wednesday, 5/13 (2-4 PM)	Franklin
	Wednesday, 7/29 (2-4 PM)	Lake Miona



*"Nancy is awesome! Great speaker, knowledgeable and got participation from the group. Highly recommend this class."*

*"Nancy was entertaining while delivering course content, invited and responded with understanding and positive responses to questions and stories from audience, and provided materials to take home to practice what was offered by the course. Would recommend to anyone."*

### 3-WAYS TO REGISTER!

#### 1 ONLINE REGISTRATION

[TheEnrichmentAcademy.org](http://TheEnrichmentAcademy.org)

View the course catalog and register for classes 24/7 on our website!

#### 2 IN PERSON: MONDAY - FRIDAY 8:30AM - 4PM

Visit any of these **At Your Service Locations**

Colony Cottage Recreation	La Hacienda Recreation	Paradise Recreation
Eisenhower Recreation	Lake Miona Recreation	Rohan Recreation
Everglades Recreation	Laurel Manor Recreation	Savannah Recreation
Ezell Recreation	Mulberry Grove Recreation	SeaBreeze Recreation
Fenney Recreation	Olympia Recreation	

**SAT & SUN 8:30AM - 12PM:** Eisenhower, Everglades, La Hacienda, Lake Miona, Olympia, and Rohan

#### 3 BY MAIL: 3571 Kiessel Road | The Villages 32163



Join me to  
learn and  
grow.