

“This course has sent me in the right direction. I have already recommended it to my co-workers, and won’t hesitate to recommend the course to others.”

– Terri Theodore, member of the Canadian Media Guild and a news editor with Canadian Press



# Are your members ready for retirement?

## IT CAN BE THE **BEST OR WORST** TIME OF YOUR LIFE

**T**O HELP YOUR members make the most of their retirement, the Congress of Union Retirees of Canada and the B.C. Federation of Retired Union Members (BC FORUM) are offering a new course, “*What are you doing after work?*”

It’s a practical, hands-on, interactive pre-retirement workshop, designed and delivered by retired workers. Our goal is to share what we’ve learned with recent retirees, and those who plan to retire in the near future.

### Quick facts about our course:

- Our course is completely flexible. It is designed to integrate with your union’s pre-retirement courses, complement your regular meetings, or to stand on its own.
- Options range from our 45 minute module on “*Critical things you need to know before you retire*” to a full two day course to prepare your members for an enjoyable and rewarding retirement.
- Other modules cover critical issues such as retirement goals, changing relationships, housing, legal and financial planning, health benefits and issues, sources of income, pensions, and more.
- A comprehensive take home manual is provided for all participants (printing courtesy of CLC).
- Our course is delivered by fully trained and qualified

instructors whose roots are in the labour movement, not financial institutions.

- Best of all, our course is *free of charge* to affiliated unions, Labour Council Weekend Schools and union pension plans. We ask only that you cover instructors’ travel expenses, room rental, and lunches and coffee breaks for participants.

## BOOK YOUR SESSION TODAY

**T**O OBTAIN more information, to book a short 20 minute module or the full course, or to discuss how we can help you provide maximum benefit to your members, contact us today.

Our office is at the BC Federation of Labour: #200-5118 Joyce Street, Vancouver, BC V5R 4H1.

Phone: 604 688-4565, or toll free at 1 800 896-5678.

Email: [bcforum@bcfed.ca](mailto:bcforum@bcfed.ca).

Web: [www.bcforum.ca](http://www.bcforum.ca).

Facebook: [BCRetiredUnionMembersForum](https://www.facebook.com/BCRetiredUnionMembersForum).

**BC**  
**forum**

B.C. Federation of Retired Union Members

“Standing up for union retirees since 1994”