



AGES 55+

WORKSHOPS

Are you thinking about a second career, considering re-enrolling in college, or just want some support to prepare for retirement?

Join BSU faculty, staff, and guest facilitators to learn how to navigate the transition to a different stage of life.

\$30

**EARLY BIRD RATE
UNTIL 4/25**

\$50

**REGULAR RATE
4/26-5/3**

**JOIN
US**

**5/8 & 5/9
9 AM-3PM**

**REGISTER
NOW**



- Pivot Your Career
- Job & Financial Matters
- Return to College
- Prepare for Retirement
- Learn Your Strengths
- Up Level Your Resume
- Volunteer Opportunities
- Chair Yoga
- Pickleball
- Nutrition
- Cyber Security
- Lunch Included



BEMIDJI
STATE UNIVERSITY

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WORKSHOPS

MAY 8, 2024

9:00 am	Welcome
9:30 am	Pivot: The only move that matters in the next one
10:15 am	Break
10:30 am	Employment, skill gap analysis and training, Social Security issues
11:15 am	Break
11:25 am	Gallup StrengthsFinder
12:30 pm	Lunch - Taco Bar
1:30 pm	Healthcare services and future plans
2:30 pm	Break
2:40 pm	55+ Population interest survey for new programs and courses
3:00 pm	Closing remarks

MAY 9, 2024

9:00 am	Welcome
9:30 am	Chair yoga
10:15 am	Break
10:30 am	Preventing cyber-crimes or scams for seniors
11:15 am	Break
11:25 am	Pickleball introduction and pick-up game
12:30 pm	Lunch - Pasta & salad bar
1:30 pm	Nutrition workshop
2:30 pm	Break
2:40 pm	Introducing community volunteer opportunities
3:00 pm	Closing remarks



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www.bemidjistate.edu/academics/summer/summer-workshops/



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