



University of  
South Australia



## Successful Ageing Seminar

# Transitioning to retirement

In the lead up to retirement, many people will take the time to consider their financial wellbeing, but it is just as important to develop a plan of action for health, fitness and general well being.

In the first of two presentations, Postdoctoral Research Fellow **Dr Carol Maher** and PhD candidate **Judy Sprod** from the Division of Health Sciences will outline the early findings of research currently underway at the University of South Australia exploring people's activity patterns post retirement. It is believed retirement may bring about marked changes in activity levels which can have broader health implications.

In the second presentation, **Dr Peter Winwood** a Research Associate in UniSA's Centre for Applied Psychological Research, will consider the topic 'Retirement in the 21st century - can you afford it?'. Dr Winwood is investigating flexible working options to assist workers who are reaching retirement age with depleted superannuation funds. The research comes at a time when many workers around retirement age are facing financial uncertainty caused by unstable economic conditions in recent years.

This seminar would suit those preparing for retirement as well as current retirees.

FREE admission

**Date:** Friday 19 April 2013

**Time:** 2pm – 4pm

**Venue:** Lecture Theatre BH2-09  
Barbara Hanrahan Building  
(Ground Floor)  
City West campus  
North Terrace, Adelaide

**Registration essential**

Phone: **8302 0160**

**OR**

Email: **giving@unisa.edu.au**

*Afternoon tea will be served*

[www.unisa.edu.au/giving](http://www.unisa.edu.au/giving)

# Successful Ageing Seminar series



**FREE admission**

## Transitioning to retirement

Seminar presenters:

### **Dr Carol Maher**

Postdoctoral Research Fellow  
School of Health Sciences  
University of South Australia

### **Judy Sprod**

PhD candidate  
University of South Australia

### **Dr Peter Winwood**

Research Associate  
Centre for Applied Psychological Research  
University of South Australia

**FREE event** Tickets will not be issued, but registration is essential

If you would like to receive email notification of future seminars, update your details or be removed from the Successful Ageing Seminar mailing list please complete the form at [www.unisa.edu.au/giving/update](http://www.unisa.edu.au/giving/update) or phone 8302 2752.

*UniSA's Successful Ageing Seminar series consists of special presentations on topical issues relevant to Alumni and the community. The seminars, delivered by UniSA academic staff and allied professionals, provide access to the latest information and research on a range of health and lifestyle issues.*

*Information on past seminars is available at [www.unisa.edu.au/giving/news/successfulageing](http://www.unisa.edu.au/giving/news/successfulageing)*