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**FOR RELEASE:** Immediately

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**UVM'S OSHER LIFELONG LEARNING INSTITUTE AND CENTER ON AGING  
PRESENT "WORKING ON PURPOSE IN THE SECOND HALF OF LIFE" SEPTEMBER 26, 2009**

The prospect of retirement and the end of work life as we know it is a major life transition. For some this transition is forced by downsizing or layoffs, for others it is a choice brought on by a personal desire for change. Regardless of the reason, the prospect of making the second half of life, near or after retirement, a meaningful period of our lives presents many unknowns. A one-day workshop at the University of Vermont will provide an opportunity to explore how the second half of life can provide an opportunity to reinvent ourselves, find meaning in life and work and alternatives to conventional retirement. Titled "Working on Purpose in the Second Half of Life", and facilitated by Barbara Hoese, President of the Minneapolis based Inventures Group, the workshop will be presented by UVM's Osher Lifelong Learning Institute and The Center on Aging.

"There is a rapidly growing interest in finding ways to bring more meaning to our lives as we leave traditional work environments and enter the "retirement years". For many people this gift of time presents an opportunity for personal exploration and the discovery of new work, paid or volunteer. It presents a challenge of how to figure what it is that will bring maximum fulfillment to our lives." said Deborah Worthley, Director of the Osher Lifelong Learning Institute and Associate Director for Education at the Center for Aging at UVM.

Based on 20 years of research and practice, "Working on Purpose" is designed for people who want to explore alternatives to the conventional notion of retiring from work. This one day interactive workshop will provide clarity around life direction, knowledge and tools to help make conscious life choices as well as the motivation and confidence to move you forward. It is for anyone who is facing the choices, challenges and transitions of the second half of life. It helps you explore major choices that come with aging and retirement. It will provide the confidence to help you move forward and help answer, "What's next?"

Barbara Hoese, the workshop presenter, is President of The Inventure Group, a Minneapolis-based coaching and life/leadership development firm. Barbara has worked with thousands of people to help them discover the power of purpose. A gifted speaker, facilitator and coach, Barbara's interactive passionate speaking style encourages audiences to see their own capacity for making a difference in their world. Barbara develops workshops and tools that help people express their potential in work and life. She is an adjunct faculty member at the University of Minnesota Carlson School's Executive Development Center.

The workshop will take place on the UVM campus. Those who wish to attend may register by visiting <http://www.learn.uvm.edu/osher> or calling (800) 639-3210. The \$130. The registration fee includes the day long workshop, *Working on Purpose Guidebook* and Life-Learning Tools, morning coffee and lunch.

The workshop is also available as a UVM 1 credit course, for fall '09, HDFS 195 (94487). Credit students can register by visiting <http://www.learn.uvm.edu>

UVM's Osher Institute begun in 2002, is one of 120 Osher Lifelong Learning Institutes established at universities throughout the country, thanks to funding from the Bernard Osher Foundation. Each semester, UVM's Osher Institute offers more than 80 non-credit affordable programs for Vermonters age 50+. Osher Institutes are located in Brattleboro, Rutland, Springfield, Newport/Derby, St. Johnsbury, St. Albans, Stowe and Montpelier/Barre.

The Center on Aging at UVM was established in 2008, the result of a \$5 million endowment from Vermont philanthropist Lois McClure. The mission of the Center is to forge on collaborations among faculty, students, staff and programs within the University of Vermont, Fletcher Allen Health Care and the Vermont Community to promote a sense of well being and high quality of life for Vermont's older adults.