

# Seven speakers to discuss topics for those close to retirement

Retirement is inevitable, but preparing for it is often an afterthought — or an oversight altogether.

With that in mind, Forever Young — Canada's largest 50-plus publication — is set to host Retirement 101.

Slated for Saturday, Mar. 15 at the Hamilton Spectator Auditorium, the work-

shop will focus on lifestyle topics to inform and educate those in or approaching retirement — the fastest-growing age group in the country.

Running from 9:30 a.m. to 4:30 p.m., Retirement 101 will feature seven speakers offering workshops on everything from finances and health to travel.

Among those running the event are keynote speaker Dr. Elaine Dembe — a celebrated chiropractor and foremost authority on longevity, stress management and motivation — and Garry Lapenskie, an instructor at the University of Western's School of Kinesiology, who'll present Healthy Aging. Tickets for the workshop are \$10, and can

be purchased by calling (905) 815-0017, ext. 445 or at [www.securehalton.com/shop](http://www.securehalton.com/shop). Tickets will be available at the door if spaces remain.

For more information about the symposium, visit Forever Young's website at [www.foreveryoungnews.com/retirement](http://www.foreveryoungnews.com/retirement).


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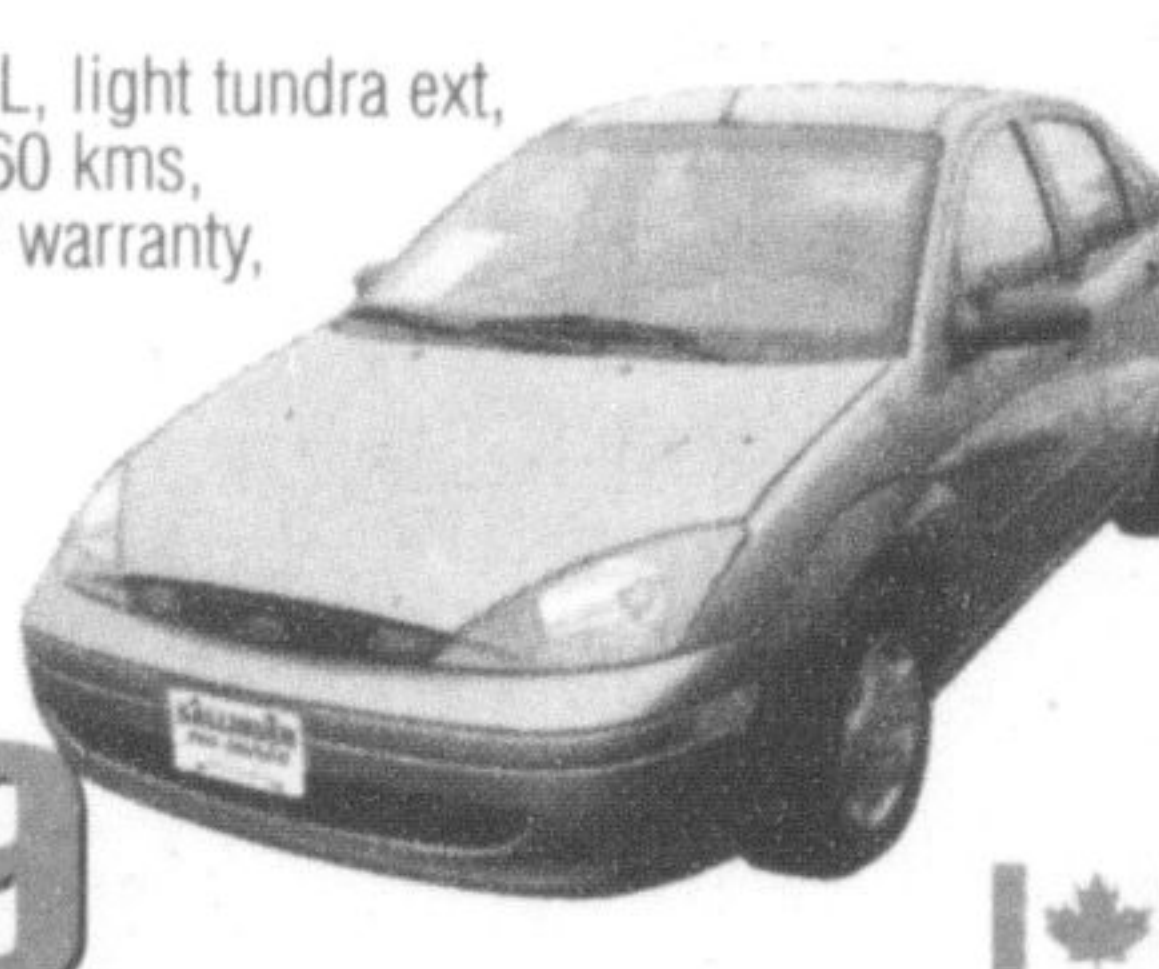
**2003 Ford Escape LTD 4x4**  
V6, auto, AC, PW, PL, P seat, moonroof, leather seats, silver ext, trade-in 135,705 kms w/warranty.  
Stk. #S8078A




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**2003 Ford Focus SE 4DR**  
4 cyl, auto, AC, PL, light tundra ext, RCC return 64,260 kms, balance of factory warranty.  
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**2003 Ford F-150 S/Cab Heritage XLT 4X4**  
5.4L V8, auto, A/C, PW, PL, speed, tilt, alum wheels, two-tone paint, moonroof. Only 72,682 kms with warranty.  
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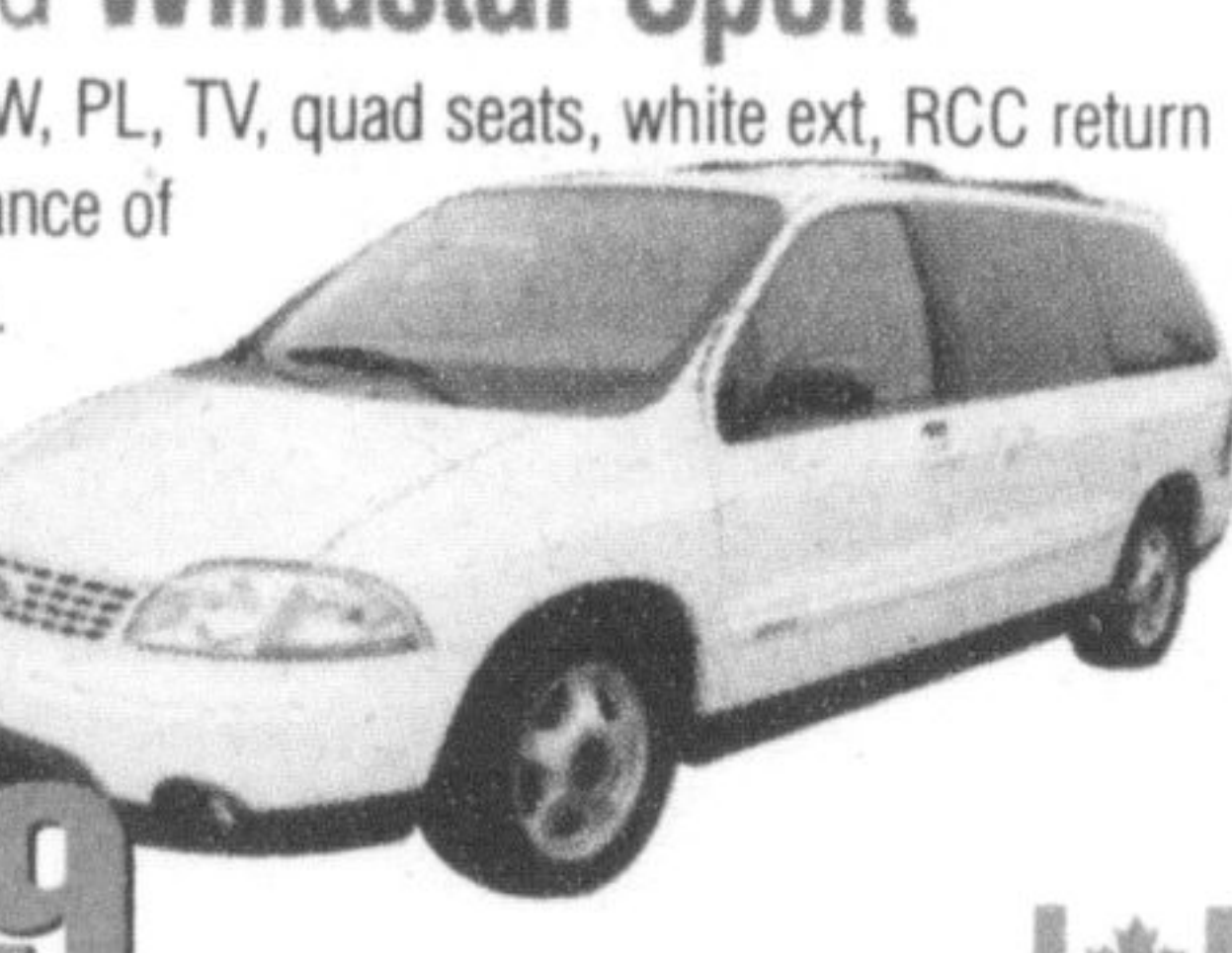
**2005 Ford Mustang V6 Coupe**  
V6, 5 speed, AC, PW, PL, sport wheels, redfire ext, trade-in 50,989 kms, second set of tires, bal on Ford ESP.  
Stk. #M7020A




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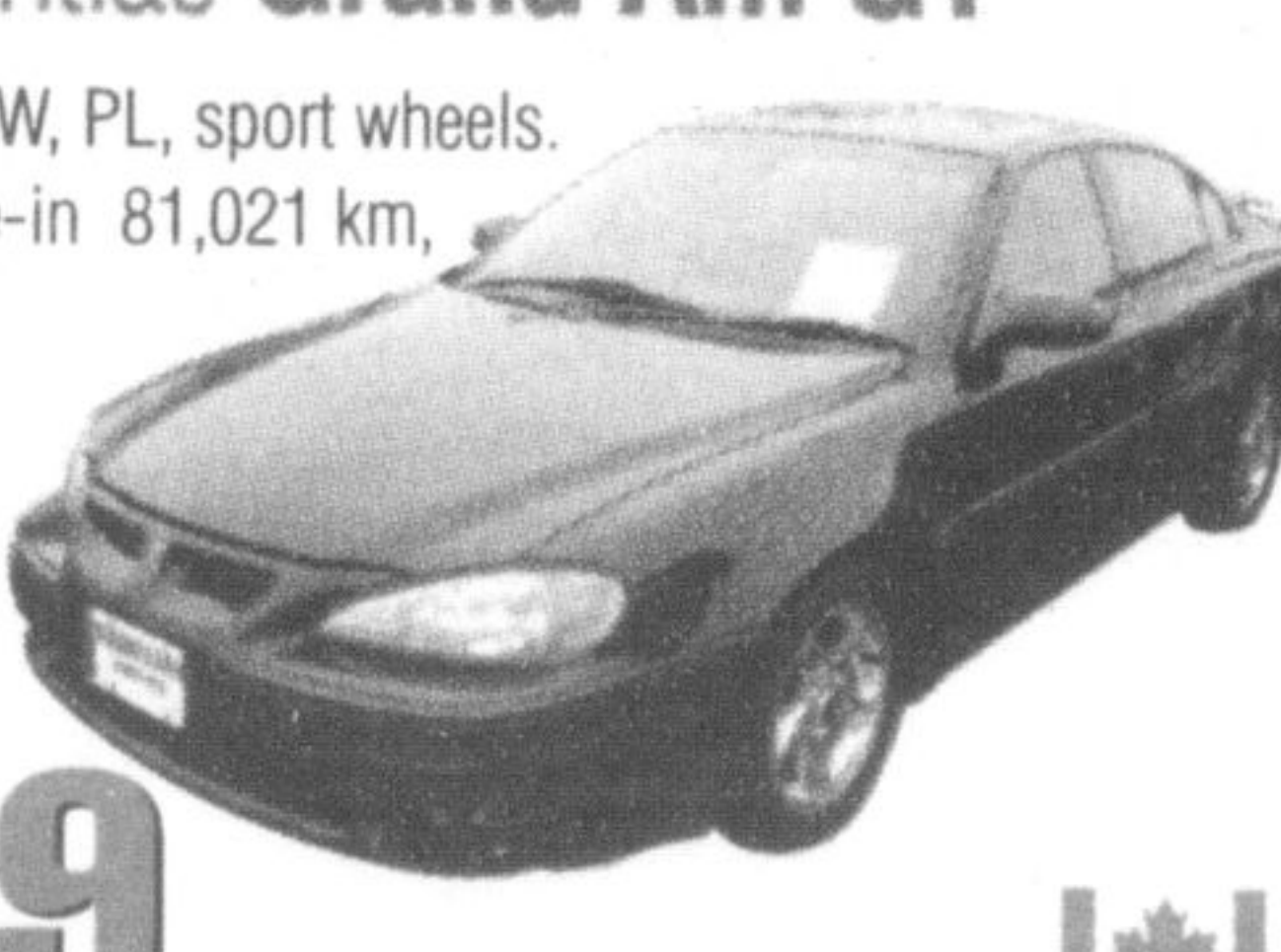
**2003 Ford Windstar Sport**  
V6, auto, AC, PW, PL, TV, quad seats, white ext, RCC return 78,996 km, balance of factory warranty.  
Stk. #2677A




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**2003 Pontiac Grand Am GT**  
V6, auto, AC, PW, PL, sport wheels, black ext, trade-in 81,021 km, w/warranty.  
Stk. #S8018A



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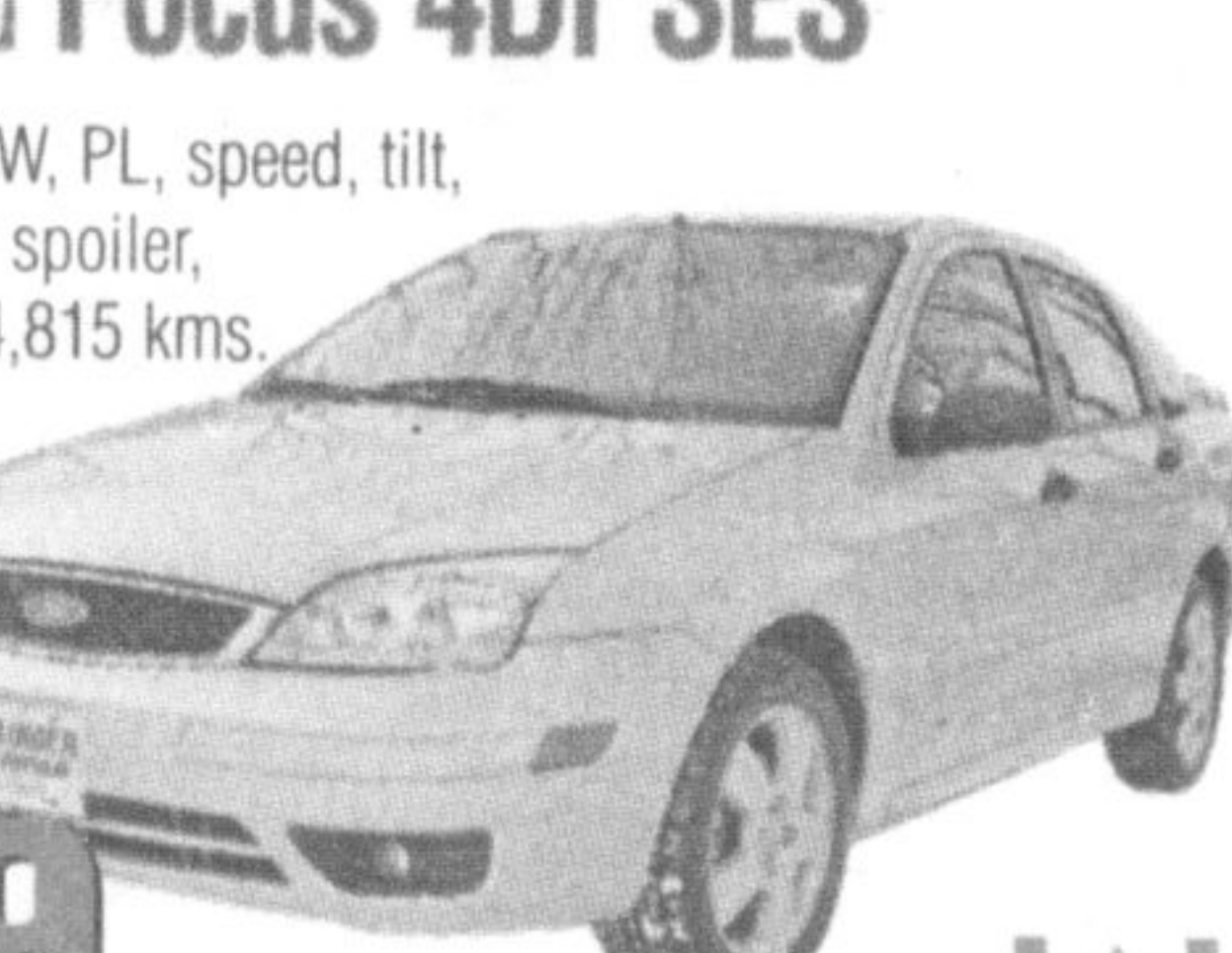
**2006 Ford E-250 Cargo Van**  
4.6L V8, auto, A/C, PW, PL, speed, tilt, running boards, white ext. Only 10,301 kms. Bal. of Fact. Warranty.  
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**2005 Ford Focus 4Dr SES**  
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## Jeet Kune Do training workshop for charity

Want to get a little martial arts training and help out a worthy cause at the same time?

If so, why not swing by the Dance Shoppe this Sunday. Starting at 2 p.m., head instructor Rudy Puyo of Milton's Pintikasi Progressive Martial Arts will host a basic awareness and introduction to Jeet Kune Do workshop.

Developed by the legendary Bruce Lee in the 1970s, Jeet Kune Do is a non-traditional martial art that focuses on exploration and development of the individual's natural attributes and real life applications in threatening or combat-like settings.

Since its inception, Jeet Kune Do has been taught to various law enforcement agencies and military groups around the world, including the U.S. Navy Seals.

The two-hour introduction will require a minimum donation of \$15, with all proceeds going to the Canadian Cancer Society. Participants will also need to wear running shoes and comfortable exercise attire.

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• Hot Chocolate

Bring your own lunch (peanut free)  
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