## Reimagining Retirement: Holistic Cognitive Health

Virtual Learning Series 2025



Fidelity is excited to offer your employees a new learning series on maintaining cognitive well-being in retirement, covering topics like memory science and strategies for navigating life transitions. Additionally, a bonus virtual workshop will be available, covering essential tips for protecting your personal security and avoiding cyber fraud.

February 25: Healthy Cognition: The Science of Memory and Forgetting

March 11: Navigating Change: Strategies for Transitional Times

March 25: Personal Stories: Tips from Retirees on Managing Cognitive Health

April 8: Cyber Fraud and Personal Security Insights

This series presented by Fidelity Investments and the Association of Retirement Organizations in Higher Education (AROHE), is available to Fidelity clients to explore these topics with professionals within the community and their peers.

## **REGISTRATION CURRENTLY OPEN**

"Reimagining Retirement: Holistic Cognitive Health"

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