

# Tips for Managing Life After Retirement

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Did you know that retirement is 10th on the list of life's most stressful events?

Research shows that retirement can change your relationships, physical and emotional health, and ability to live independently for longer periods of time.

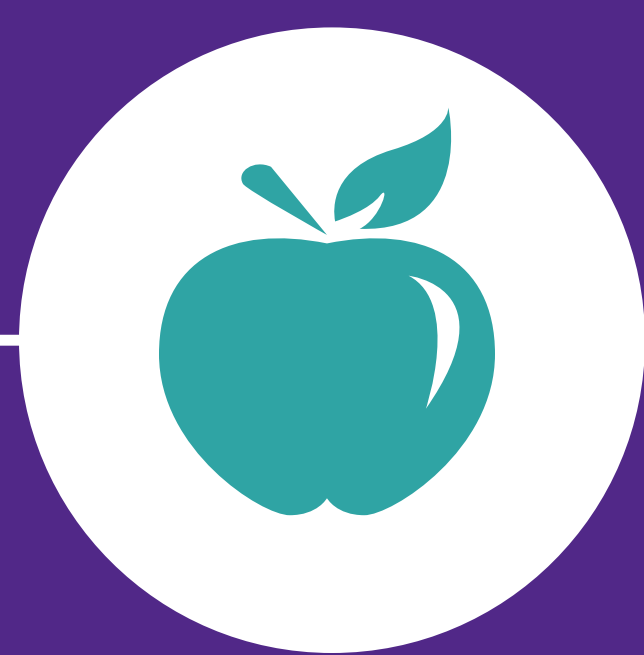
**K-State Research and Extension has four tips to help you live the best retirement you possibly can.**

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**#1**

Focus on  
Fundamental  
Relationships



**#2**

Live a Healthy  
Lifestyle



**#3**

Find your  
Balance



**#4**

Continue  
Planning for  
Your Future

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To learn more, contact your local K-State Research and Extension office.

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