

## **Country Squires Luncheon September 12, 2019**

**Topic: In Your Third Act**

**Speaker: Patricia Peters Martin**

A new approach to aging is emerging. Our speaker, Patricia Peters Martin, will speak about retirement as a time of active engagement and generativity. She will address the eight dimensions of wellness. In doing this, she will share stories of several retirees highlighted in her book, “Well-Come to Retirement; Thriving in Your Third Act.” This will include stories of two Country Squires, Art Rosen and John Wilson. Information from the Blue Zones Project and the Masterpiece Living Project will also be shared with the audience.

Patricia is a Phi Beta Kappa graduate of Georgetown University and holds a Doctorate in Clinical Psychology from Purdue. She has a clinical practice in Western Massachusetts where she has been providing counseling for 35 years, and she has been an adjunct faculty member at Purdue and Springfield College. She spoke recently at Newbury’s Central Meeting House and just completed an acclaimed course on retirement at Adventures in Learning.