

# Let's Talk



## Retirement, Wellness and Me

With longer life expectancies and higher living costs, financial preparedness is important for your retirement years. Find out more about planning for a comfortable retirement while meeting your long-term needs. The talk will conclude with a short segment on shoulder pain causes and self-care tips with physiotherapy.

### Talk Highlight:

- How to plan for retirement? How much is enough to ensure sufficient cashflow to enjoy your golden years?
- CPF life retirement planning schemes and other areas to look out for
- Appropriate and suitable retirement planning tools for your unique goals
- Causes of shoulder pain and how physiotherapy eases shoulder discomfort

Date: Thursday, 18 January 2024

Time: 2:30pm to 4:10pm

Venue: The Theatre

*Closing Date for Registration: Sunday, 14 January 2024*

*This talk requires a minimum number of participants to commence.*



For enquiries, please call **Member Relations** at 6357 3322 / 323 or email [member\\_relations@rtc.com.sg](mailto:member_relations@rtc.com.sg).

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## Lion Dance Performance

Start the Year of Dragon with the energetic drumming rhythm of the Lion Dance Performance! Be at The Main Lobby to catch the "pluck the greens" performance, a symbolism of attainment of good fortune for the new year!



Date: Sunday, 11 February 2024

Venue: The Main Lobby

Time: 12pm onwards

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