



# Planning Life's Encore

## *A Retreat Day on Retirement*

At Knowles Mercy Spirituality Center

Guest Presenter Nancy Hemesath, MA

Tuesday, September 1 from 8:30 a.m. to 3:30 p.m.

Fee: \$40 includes continental breakfast and lunch

Retirement is the life phase of freedom to focus on meaning and purpose beyond one's career. Financial planners advise on monetary decisions but the question remains, "What would I love to do with my time and money?" Nancy Hemesath, certified life coach, engages people in creating a life full of meaning and joy during the next phase of living. Life's encore is the opportunity to use time and talent in new and creative ways. Nancy will explore the elements that constitute a full and successful retirement. Keeping busy is not the same as having a meaningful life.

Participants will leave with an understanding of the importance of finding "purpose" in the retirement years. In this life phase there is opportunity to nurture ourselves—body, mind and spirit—while developing the legacy we want to pass on to the world. This workshop is ideal for those facing retirement who are asking the questions, "Now what?"

### Guest Presenter Nancy Hemesath, MA,

After a successful career as a non-profit executive, Nancy is enjoying a satisfying retirement pursuing her interests. Not one to sit back in her rocking chair, Nancy is using her life coaching expertise to empower others who are transitioning to a life full of meaning and enjoyment at the conclusion of their full-time careers. Nancy served as executive director of Habitat for Humanity of Omaha for seven years and Ted E. Bear Hollow for eight years, retiring from full-time work in May, 2013. In 2008, Nancy completed the training program at the Academy for Coaching Excellence, becoming certified as an organizational and life coach. She has a passion to make life-changing contributions to others.



Knowles Mercy Spirituality Center is located 1 mile west of 264th & West Center Road outside Omaha (20 minutes west of Oakview Mall) Phone: 402.359.4288 ~Email: [kmscenter@mercywmw.org](mailto:kmscenter@mercywmw.org) ~Website: [www.kmscenter.org](http://www.kmscenter.org)

To register fill in the below form and mail with fee to Knowles Mercy Center, 2304 Campanile Rd, Waterloo, Ne. 68069

Planning Life's Encore  
Retirement Retreat  
With  
Nancy Hemesath  
Tuesday, September 1  
From 8:30 to 3:30  
Fee: \$40

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zipcode \_\_\_\_\_

E-mail \_\_\_\_\_ Phone \_\_\_\_\_

Knowles Mercy Spirituality Center is a not-for-profit retreat center supported by the Sisters of Mercy. Those individuals who cannot afford the suggested fees for retreats and programs are invited to contact the Center for scholarship possibilities. If you are in a position to do so, please consider a tax-deductible gift to the Center as our program fees do not meet all our expenses. We deeply appreciate your donation to help us continue this ministry.