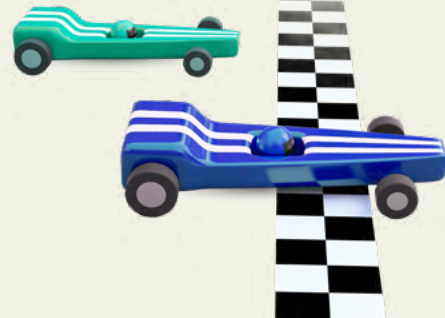


Because retirement isn't a finish line—it's a fresh start

**FINANCIAL
ESSENTIALS**
with  **TIAA**

When people think of retirement, money is often top of mind. But true readiness goes beyond numbers. Retirement marks a new chapter—one filled with opportunities to explore, connect, and rediscover what matters most to you.

With a thoughtful plan for both your finances and well-being, you're more likely to feel confident navigating the emotional and practical changes ahead.



Simple ways to live well in retirement

1

Prioritize your health

Make the most of your retirement years by staying active, eating well, and practicing self-care.

2

Find your purpose

Look for new ways to bring meaning to your days—whether that's volunteering, exploring new hobbies, or taking classes.

3

Build your community

Something as simple as a weekly catch-up with a friend or family member can boost your mental health and help you feel more connected.

Start writing your next chapter



WATCH

[Video: Living well in retirement](#)



WATCH

[Webinar: Your guide to living well in retirement](#)

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