

Advice you can count on.



Keep on Learning

Ongoing learning is an important part of life. It doesn't just include taking classes at night or training sessions at work. Learning can include travel, volunteering, taking online courses, mentoring, and much more. Keeping your mind active is important for your personal and work life and for your health and well-being. LifeWorks is here to help you keep on learning. Contact a consultant for advice on how to find classes, mentors, and other learning opportunities for yourself and your family.

Also be sure to go online to listen to our new podcast, *Keep on Learning*, or start the learning process by checking out a Life Workshop or Online Seminar on a topic that interests you.

You can also read or download these helpful articles:

- [*Keeping Your Skills Current at Work*](#)
- [*Travel and Learning Opportunities for People Over 50*](#)
- [*Online Courses and Other Distance Education Programs*](#)
- [*Learning and Teaching Across the Generations at Work*](#)

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