

Strategies For a Healthy Financially Secure and Fulfilling Long Life

Admin User · November 2, 2018

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In our Retirement Daily podcast, Vernon spoke with us about the most important decisions that older workers face as they transition out of the workplace, and into retirement.

Financial decisions are important, but so are decisions regarding your health and your social life, said Vernon, who is also a research scholar at the Stanford Center on Longevity. That's why, he says, the subtitle to his book is: "Strategies for a Healthy Financially Secure and Fulfilling Long Life."
