

Ingredients for a Secure and Healthy Retirement

Planning for retirement is likely the most pressing financial issue facing most Americans today; however, few have actually taken the steps necessary to prepare for this important phase of their lives. This seminar will address some of the most important elements of a sound retirement plan including:

- How much will I need to retire?
- How large will my investment portfolio have to be to support my needs without running out of money?
- How much do I need to save each year so I have enough money to retire?
- What is the most effective way to allocate my savings using my employer retirement plan, IRAs and taxable investments?
- How do I build, manage, and take withdrawals from my retirement portfolio?
- Question and answer session

Planning for retirement requires more than just getting your finances in order. Your lifestyle also plays an important role and can affect your quality of life in retirement. Eating sensibly is one of the most important ways you can improve your health now and help protect your financial well being when you retire. This demonstration includes:

- Step-by-step preparation of a complete one-pan meal
- Generous samples of the prepared food
- Recipes for all attendees
- Time following the demonstration for questions

Come join us for this **FREE and open to the public** seminar and demonstration presented by John and Helene Spoto, of Sentry Financial Planning, LLC to find out how you can enjoy a more secure and healthy retirement.

For more information call (781) 685-4928 or visit www.sentryfinancialplanning.com

About the presenters

John Spoto, founder and principal of Sentry Financial Planning, LLC spent over 16 years running his own finance and equipment leasing company, providing financing solutions to medium and large corporations before becoming a financial planner. His goal is to help people simplify the challenges of managing their own personal finances by providing straightforward and objective recommendations.

Helene Spoto is the operations and client relations manager of Sentry Financial Planning, LLC. In her spare time she is a cooking instructor teaching people how easy it is to prepare meals that are delicious and wholesome as well as quick and easy to make.