



Episode 65: Hearts and Wallets

What most surprises retirees as they enter their new phase of life? In episode 65 of the *Revamping Retirement* podcast, Hearts & Wallets founder [Laura Varas](#) joins CAPTRUST's [Matt Patrick](#) and [Audrey Wheat](#) to talk about the topic.

The trio delves into what retirees didn't expect to happen in retirement—including the surprise of retiring earlier than intended. They also explore some of the ways retirement plan sponsors can improve the services, benefits, and plans they offer, whether through advances in technology or by making money talks less intimidating.

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