The next move is yours!
Join us for a series of Financial Essentials webinars presented by TIAA-CREF. The interactive webinars focus on information and strategies that can help you plan for a secure financial future.

SHE’S GOT IT: A WOMAN’S GUIDE TO SAVING AND INVESTING
March 18 | 10 – 11:15 a.m.
Learn how to make your future flourish. Review core concepts that guide all investing, get motivated, build a plan and take action. Also, discover more about yourself with the Financial Personality-Type Quiz.

TOMORROW IN FOCUS: SAVING FOR YOUR IDEAL RETIREMENT
April 8 | 10 – 11 a.m. and 2 – 3 p.m.
No matter how old or young you are, or where you are in your career, your retirement begins when you start saving for it. Learn how to create an effective plan to maximize your retirement potential, understand the real benefit of time in regard to saving and learn the essential features of retirement investments.

MONEY AT WORK: FOUNDATIONS OF INVESTING
September 16 | 10 – 11 a.m.
Regardless of your age or your income, reaching retirement goals requires the same things: spend less, save more. It’s really that simple. Learn the definitions of – and differences in – investment vehicles, and how to help choose the right ones for your financial goals and risk tolerance.

Webinar preregistration
To preregister for a webinar, log on to www.tiaa-cref.org/SunySchoolofFinancialFitness.

One-on-one consultation
A TIAA-CREF Financial Consultant is available to help answer your questions or assist with Retirement Plan fund selection at no additional cost to you. To schedule a consultation, either in person or by phone, log on to www.tiaa-cref.org/schedulenow or call 800-732-8353, Monday through Friday, 8 a.m. – 8 p.m.
HALFWAY THERE: A RETIREMENT CHECKUP  
October 14 | 10 – 11 a.m. and 2 – 3 p.m.
Halfway? Already? Retirement has a way of creeping up on people. Before you know it, you’ll be depending on all the money you saved and invested. If you’re panicking, don’t. There’s still time! In this webinar, you’ll learn how to get retirement savings on track – and help keep them there!

PAYING YOURSELF: INCOME OPTIONS IN RETIREMENT  
November 12 | 10 – 11 a.m.
You’ve made a lot of sacrifices in order to put away enough money to retire. When it’s finally time, do you know how to get the money back? Learn the basic rules that govern the most common types of retirement accounts and gain perspective on when to tap into different assets.

HEALTHY NUMBERS: INTEGRATING HEALTHCARE INTO YOUR RETIREMENT PLAN  
December 9 | 10 – 11 a.m.
Enjoying your retirement begins with your health, so are you budgeting for healthcare costs in retirement? Learn the key ideas, trends and numbers you’ll need, as well as the real benefits – and costs – of Medicare.

What’s Your Financial IQ?  
Take the Challenge to see how your financial know-how measures up!

Between April 1 and April 30, log on to the Financial IQ Challenge. See if you can answer the questions and have fun learning about financial topics. Each day, five new questions will be added and you can increase your score with every question you answer correctly. Each time you play, you will be entered in a drawing to win one of five tablet computers.