



TCNJ THE COLLEGE OF
NEW JERSEY



The Healthy Campus Wellness Program, in partnership with TCNJ's Pension Plan Investment Carriers, is pleased to bring to the community, "Fall into Financial Wellness" Seminars.

These seminars will begin on September 18th, with sessions scheduled throughout September and October.

Series topics include:

- The Starting Line Up - Why and how retirement savings should begin now
- Planning for Financial Security
- Money at Work Workshop - Foundations of Investing
- Saving for Retirement
- Retirement Income

Registration can be done through the link below

https://tcnj.co1.qualtrics.com/jfe/form/SV_2t6JqYrVb9j7ZLD

If you have any questions, please contact

Samantha Szakacs at ext. 2283.

We look forward to your participation!



The Starting Line Up - Why and How Retirement Should Begin Now

September 18, 2017, Trenton Hall 123, 2:00pm-3:00pm

Sometimes it's hard to think about retirement when you're just starting out in your career. The truth is, that's when thinking ahead can do the most good! It all starts with some practical knowledge.

TIAA's workshop leader will help you get ahead of saving for retirement with some tools and information you can use right now:

- Learn the real effect of time on money, thanks to compounding and dollar cost averaging
- Understand debt and how to manage it
- See how budgeting can find money and help you save it

VALIC

**Planning for Financial Security - September 27, 2017,
Administrative Services Building 103**

Two Sessions will be Available

1:00pm-2:00pm session and 3:00pm-4:00pm Session

The VALIC workshop leader will discuss the importance of planning for your financial security. The following topics will be discussed:

- Establishing financial goals
- Creating an action plan and,
- Implementing the plan
- Investment planning, tax planning, retirement planning and estate planning



**Saving For Retirement - October 3, 2017, Trenton Hall 123,
11:30pm-12:30pm Session and 1:00pm-2:00pm Session**

The VOYA workshop leader will talk about the importance of starting to save early for retirement as well as the benefits of a diversified investment allocation during uncertain periods on the stock market.



**Money at Work Workshop - Foundations of Investing
October 23, 2017, Trenton Hall 123, 2:00pm-3:00pm**

It doesn't matter how old you are, where you are in your career, or how much money you make. Reaching retirement goals requires the same things: spending less and saving more. It's really that simple. TIAA's workshop leader will give you information to help you figure which investment vehicles are right for you:

- Discover what stocks, annuities, mutual funds and IRAs are so you can determine which ones best fit your needs
- Learn about risk and finding your risk tolerance
- See how the same savings principles work for short- or long-term goals

Click on the link below to register:

https://tcnj.co1.qualtrics.com/jfe/form/SV_2t6JqYrVb9j7ZLD

Human Resources: Building Foundations, Creating a Unified Community