

# SAVE THE DATE

## BMW Series Body, Mind, and Wealth

Human Resources is excited to offer faculty and staff a variety of opportunities to increase awareness and knowledge on achieving total wellness and managing the day to day demands of life. This January we will be hosting a series of seminars promoting financial wellness.

VALIC, TIAA-CREF, and Nationwide will be holding seminars and scheduling individual appointments during the month of January. Be sure to “Save the Date” and watch for our upcoming emails providing details and information on signing up for seminars and scheduling individual appointments.

| Date      | Time         | Location                              | Company  | Title  |
|-----------|--------------|---------------------------------------|--|--|
| Jan. 14th | 10:00 & 2:00 | Micron Nampa Campus Room 1701 A/B     | NATIONWIDE<br>Katja Stringfield Retirement Specialist    | "Women & Retirement" Workshop  |
| Jan. 15th | 10:00 & 2:00 | Micron Nampa Campus Room 1701 A/B     | NATIONWIDE<br>Katja Stringfield Retirement Specialist    | "457 Retirement Planning 101"  |
| Jan. 20th | 9:00 to 3:00 | NADM Administration Bldg. Room 200    | NATIONWIDE<br>Katja Stringfield Retirement Specialist    | Individual Appointments Ask Questions, Enroll and Review your Plns                       |
| Jan. 21st | 10:00 - 1:00 | Micron Nampa Campus Room 1701 A/B     | TIAA-CREF<br>David Penrose, CFP, Financial Consultant    | "Planning for Retirement" Seminar  |
| Jan. 21st | 1:00 to 4:00 | NADM Administration Bldg. Room 200    | TIAA-CREF<br>David Penrose, CFP, Financial Consultant    | Individual Appointments Ask Questions, Enroll and Review your Plns                       |
| Jan. 22nd | 8:00 to 5:00 | NADM Administration Bldg. Room 200    | TIAA-CREF<br>David Penrose, CFP Financial Consultant     | Individual Appointments Ask Questions, Enroll and Review your Plns                       |
| Jan. 27th | 10:00 & Noon | Micron Nampa Campus Room 1701 A/B     | VALIC<br>Jennifer Blanco-Braun, Senior Financial Advisor | "Your Voluntary Retirement Savings Plans & Work" 457 (b), 403 (b) Traditional and Roth   |
| Jan. 28th | 9:00 to 4:00 | NADM Administration Building Room 200 | VALIC<br>Jennifer Blanco-Braun, Senior Financial Advisor | Individual Appointments Discuss your personal financial goals with Jennifer Braun-Blanco |

We will be distributing the details and links for registering the first of January. To be certain you don't miss this opportunity, please remember to sign up and schedule the times that work best with your schedule.

### Information on upcoming Seminars & Workshops coming soon!!

**February** - Body and Mind Wellness: Exercise, Nutrition & Total Health

**March** - Stress and Time Management: Stress reduction

**April** – Mini-Bene: Mini benefits fair with the Office of Group Insurance, and other Health Care Providers.