

FINANCIAL HEALTH AND RETIREMENT PLANNING

Recognizing that financial concerns and uncertainty can be a source of stress, the *Healthy You* team is pleased to host a series of informational sessions to help with both short and long-term financial planning. Representatives from our retirement plan partners, Fidelity and TIAA, as well as e4Health, our Employee Assistance Program, will contribute their expertise to the sessions.

NORTHEASTERN'S RETIREMENT PLANS

Tuesday, September 24, 11:00 – 12:00

Alumni Center, 6th Floor of Columbus Place

New to Northeastern? Need to learn more about the retirement plans? Join us to learn more about the “ins and outs” of the university’s plans, the advantages of a retirement program, and how to develop a retirement strategy. Participants will also receive information about how to set up an account, choose investments, and the importance of choosing a beneficiary.

Representatives from Fidelity and TIAA will be present.

To register for **NORTHEASTERN'S RETIREMENT PLANS**, [click here](#).

FAMILY AND PERSONAL BUDGETING

Wednesday October 16, 11:00 – 12:00

Alumni Center, 6th Floor of Columbus Place

This workshop will help you examine your views on money and money management, review financial goals for yourself and your family, and learn to set spending priorities accordingly. You will also assess your “money personality” in order to help control unnecessary spending, put away more for savings, and establish positive budgeting habits. A representative from our employee assistance program, e4Health, will be presenting.

To register for **FAMILY AND PERSONAL BUDGETING**, [click here](#).

IMPACT OF AGE ON RETIREMENT PLANNING

Many factors, including age, play a role in the development of strategies for retirement savings. As such, we are offering two sessions targeted to different age ranges. The November 13 session, *The Starting Line*, is for people who are in the early stages of retirement planning. People who are in their mid-career or beyond will find the December session, *Make the Most of Your Retirement Savings*, helpful.

THE STARTING LINE

Tuesday, November 12, 11:00 -12

Alumni Center, 6th Floor of Columbus Place

As you begin to save for retirement, a few key concepts will enable you to maximize your potential savings. A representative from TIAA will provide practical information about:

- The real effect of time on money

- Why saving for your retirement is important and how to plan
- The role of debt and how to manage it
- How budgeting can help you find and save money

To register for **THE STARTING LINE**, [click here](#)

MAKE THE MOST OF YOUR RETIREMENT SAVINGS

Tuesday, December 10, 11:00-12

Alumni Center, 6th Floor of Columbus Place

As you continue to plan for and anticipate retirement, there are multiple ways you can maximize your potential savings. A representative from Fidelity will explore:

- How much to save for retirement and the benefits of saving more
- Different account types you can use to save for retirement
- Ways to preserve and grow your savings to last throughout your lifetime

To register for **MAKE THE MOST OF YOUR RETIREMENT SAVINGS**, [click here](#)

HEALTHY YOU VIRGIN PULSE PROGRAM

Join the program and earn up to \$100/quarter by regular walking, engaging in and learning about healthy habits. Select “Managing My Finances” in the “My Interests” section and receive a daily card to help you increase your financial literacy and earn points towards the \$100/quarter. Not yet a member, get your NU ID from myNortheastern, and [sign up here!](#) The next quarter begins on October 1.

For additional questions, please [email us](#) and put “Healthy You” in the subject line.