# Education by Empower series - 2024

## Opportunities for employee engagement with hot topics*

Third week of every month on Tuesday at 10AM, 1PM, 4PM, Wednesday at 11AM, 3PM, 6PM & Thursday at Noon, 3PM, & 5 PM (Spanish) all EST
Fourth week of every month on Wednesday at Noon, 3PM, 6PM all EST

**January:** Retirement myths
Jan. 16, 17, 18, & 24

**February:** Building a foundation of financial wellness
Feb. 20, 21, 22, & 28

**March:** Market volatility
Mar. 19, 20, 21, & 27

**April:** Planning for healthcare expenses
April 16, 17, 18, & 24

**May:** Early career
May 21, 22, 23, & 29

**June:** Take control of your finances with free tools
June 18, 19, 20, & 26

**July:** Retirement plan Investing
July 16,17,18, & 24

**August:** Sandwich generation
Aug. 20, 21, 22, & 28

**September:** Benefits of your plan
Sept. 17, 18,19, & 25

**October:** Retirement readiness
Oct. 22, 23, 24, & 30

**November:** Taking charge of your money with a budget
Nov. 19, 20, 21, & 27

**December:** Boost your savings
Dec. 17, 18, & 19

*Sessions are live and available in Spanish.

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**Retirement myths:** Account security, withdrawals, and facts vs fiction.

**Building a foundation of financial wellness:** Areas of financial focus that affect everyone's life, hear personal experiences, and steps to take toward financial wellness.

**Market volatility:** Sticking to your plan, aligning investment with goals and risk tolerance while preparing for market ups and downs.

**Planning for healthcare expenses:** Understanding healthcare costs, what you need to know about Medicare, and planning for potential expenses.

**Early career:** The importance of setting financial goals, creating a budget, making debt payoff a priority, building a safety net, and setting savings goals.

**Take control of your finances with free tools:** About Empower, how to access real help from real people, how to access your account online, and ways to explore resources and education.

**Retirement plan investing:** Becoming a smarter investor, investing basics, and deciding what's your investing style.

**Sandwich generation:** Caring for aging parents and children, maintaining balance and juggling the needs of parents, children, and yourself, plus how to prepare financially.

**Benefits of your plan:** The benefits of saving in the plan, retirement planning basics, and how to enroll plus next steps.

**Retirement readiness:** What is retirement readiness? How much does it take to retire? Estimating and factoring in Social Security.

**Taking charge of your money with a budget:** Benefits of having a budget, How to create a budget, and how to start an emergency fund.

**Boost your savings**: Why savings matters, a look at your saving, saving in your plan, and ways to save more.

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