



Pension & Retirement Education Program (PREP)

Many retirees wish they began focusing on financial and retirement planning much earlier in their lives. Don't let that happen to you! No matter how far along you are in your career, careful financial and retirement planning are critical. That's why our Pension & Retirement Education Program (PREP) seminar is so valuable. The seminar will help you understand your NYSTRS benefits while also providing essential retirement-planning tips, which will help you develop a plan to achieve your retirement goals.

Seminars are held from 8:30 a.m. to 1 p.m. with registration beginning at 8 a.m. Topics include: NYSTRS benefits, financial planning, Social Security, estate planning, and the retirement process. Seminars are free and your spouse/companion may attend but you must make reservations in advance.

Summer 2023 Schedule of PREP Seminars

Make your reservation via your online MyNYSTRS account at NYSTRS.org or by calling (800) 348-7298, Ext. 6180 weekdays from 8:30 a.m. to 4:15 p.m. Seminars fill quickly so book early!

<p>ALBANY July 12 (Wednesday) August 9 (Wednesday) NYSTRS Headquarters 10 Corporate Woods Drive Albany, NY 12211</p>	<p>FISHKILL August 10 (Thursday) Hyatt House - Fishkill 100 Westage Business Center Drive Fishkill, NY 12524</p>	<p>L.I.-RIVERHEAD August 15 (Tuesday) Hotel Indigo – East End 1830 West Main Street, Route 25 Riverhead, NY 11901</p>
<p>BINGHAMTON July 26 (Wednesday) DoubleTree by Hilton-Binghamton 225 Water Street Binghamton, NY 13901</p>	<p>LAKE PLACID July 19 (Wednesday) High Peaks Resort 2384 Saranac Avenue Lake Placid, NY 12946</p>	<p>ROCHESTER August 2 (Wednesday) RIT Inn & Conference Center 257 West Henrietta Road Rochester NY 14467</p>
<p>BUFFALO August 1 (Tuesday) Buffalo Airport Hotel 4600 Genesee Street Cheektowaga, NY 14225</p>	<p>L.I.-MELVILLE August 16 (Wednesday) August 17 (Thursday) Melville Corporate Center III 324 South Service Road Melville, NY 11747</p>	<p>SYRACUSE August 3 (Thursday) OCM BOCES Main Campus 110 Elwood Davis Drive Liverpool, NY 13088</p>

Helpful tips:

- When calling to make a reservation, have the following information at hand: your EmplID or Social Security number, email address, and phone number (and the same information for your spouse/companion if they are a NYSTRS member and will attend with you).
- Bring your latest annual *Benefit Profile* with you to the seminar. (You may print it from MyNYSTRS.)
- If you make a reservation but cannot attend, please call the number above to cancel (or cancel via MyNYSTRS) so we can offer your spot to another member.
- PREP seminars do not include individual retirement counseling. Visit the Retirement Planning > Benefits Consultations page at NYSTRS.org to learn how to schedule a consultation.

Administrative Bulletins dating from 2005 to the present are available on our website at NYSTRS.org. Select Employers and visit the Administrative Bulletins page.