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### Special Topic: Quarterly economic and market update

TIAA's Chief Economist and Chief Investment Strategist discuss economic and market developments that may impact your retirement savings strategy.

July 13 at 12 p.m. (ET)

#### She's Got It: A woman's guide to saving and investing

You can discover saving and investing strategies developed especially for women and how you can put them into action.

July 18 at 12 p.m. (ET)

# Gaining Insight: Navigating debt consolidation and understanding the mortgage process

You can understand how to manage and consolidate debt, and get a primer to help make the mortgage process easier to navigate.

July 18 at 3 p.m. (ET)

### Special Topic: All about IRAs

You can learn the facts about IRAs, how an IRA may help you meet your retirement savings goals and how to determine which one may be right for you.

July 19 at 12 p.m. (ET)

## Tomorrow in Focus: Saving for your ideal retirement

You can discover how retirement savings, planning and the real benefit of time are essential features of retirement investments.

July 19 at 3 p.m. (ET)

### Healthy Numbers: Integrating healthcare into your retirement plan

You can learn and plan for the cost of healthcare in retirement, including supplemental insurance, and the real benefits and costs of Medicare.

July 20 at 12 p.m. (ET)



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