



New York State Teachers' Retirement System

10 Corporate Woods Drive
Albany, New York 12211-2395

(800) 356-3128 or 447-2666 (Albany-area calls)
Web Site: www.nystrs.org

Retirement Planning Seminars

These daylong meetings help active NYSTRS members prepare for retirement. Topics include System benefits, financial planning, legal affairs, adjusting to retirement, and Social Security. Seminars run 8:30 a.m. to 3 p.m. and you may arrive beginning at 8 a.m. There is no fee to attend and your spouse/companion is welcome too, but you must make a reservation in advance. **(Note: Seminars are not designed for one-on-one retirement counseling.)**

2010 Winter/Spring Schedule

Make a reservation at www.nystrs.org using your MyNYSTRS account (select the "My Tools" tab) or call (800) 356-3128, Ext. 6180.

ALBANY

February 16 (Tuesday)
March 12 (Friday)
April 30 (Friday)
NYSTRS Headquarters
10 Corporate Woods Drive

L.I.-HAUPPAUGE

March 26 (Friday)
May 12 (Wednesday)
Islandia Marriott Long Island
3635 Express Drive North
Exit 58, LIE

OWEGO

April 23 (Friday)
Owego Treadway Inn and
Conference Center
1100 State Route 17C

UTICA

February 19 (Friday)
Radisson Hotel
200 Genesee Street

BUFFALO

March 4 (Thursday)
April 9 (Friday)
May 6 (Thursday)
Millennium Airport Hotel
2040 Walden Avenue
Cheekfowaga

L.I.-MELVILLE

January 29 (Friday)
April 15 (Thursday)
Melville Marriott
1350 Old Walt Whitman Rd
Exit 49N, LIE

ROCHESTER

April 10 (Saturday)
Radisson Hotel Airport
175 Jefferson Road
Henrietta

FISHKILL

March 20 (Saturday)
Holiday Inn
Route 9
Exit 13, I-84

L.I.-UNIONDALE

January 30 (Saturday)
March 19 (Friday)
April 16 (Friday)
Long Island Marriott
101 James Doolittle Blvd

ROCHESTER

March 5 (Friday)
April 22 (Thursday)
Rochester Marriott Airport
Hotel
1890 Ridge Road West

ITHACA

May 7 (Friday)
The Clarion
Triphammer Road &
Route 13

MOUNT KISCO

March 25 (Thursday)
May 11 (Tuesday)
Holiday Inn
1 Holiday Inn Drive
Exit 37, Saw Mill River Pkwy

SYRACUSE

February 18 (Thursday)
April 21 (Wednesday)
Holiday Inn
441 Electronics Parkway
Exit 37, NYS Thruway
Liverpool

TO MAKE A RESERVATION: You can register online through the MyNYSTRS area of our Web site at www.nystrs.org (select the "My Tools" tab), or by calling NYSTRS at (800) 356-3128, Ext. 6180 weekdays from 8:30 a.m. to 4:15 p.m. When calling, you must provide your EmpID or Social Security number, date of birth, address, and home phone number. If your spouse/companion will attend and is also a member, please provide this information for him/her, too. *Please bring your latest Benefit Profile* with you to the seminar. ***if you make a reservation but then cannot attend, please call the number above to cancel so we can offer this reservation to another member.***