**Retirement Seminars**

The retirement seminars are for government employees with 5-10 years or less until retirement eligibility. Class placement is on a first come basis. Spouses are welcome to attend and share the materials provided. The seminars are described below and are held at the Polk Building in Crystal City 8:30am-3:30pm. This site is Metro accessible, but there is public parking available in and around the building at a cost of approximately $12/15 a day. There are a wide variety of restaurants in the area serving diverse meals.

The retirement seminars fill up quickly so register early with a SF-182. When completing this form, the VENDOR is NITP; the estimated COST is $170; and the LOCATION is the Polk Building. Your completed SF-182 should be submitted to your Training Coordinator for approval. There is a 7-day cancellation policy.

**Mid-Career Planning Seminar   
Course Length:** Two (2) days   
**Target Audience:** Federal employees with 10-15 years of service

**Description:** In today's ever-changing financial environment, it is crucial to begin or at least consider planning for retirement when you are within the 10-15 year retirement range. This course is designed to highlight your Federal benefits and to explore options for maximizing them. All aspects of FERS, Trans-FERS, CSRS, and CSRS-offset employee programs will be examined. A common sense approach to financial planning will be taught. Participants will be shown by multiple speakers how to take the fear out of planning for the future and how to become wise financial consumers by. This seminar gives participants exposure to the following topics: CSRS, FERS, Social Security, TSP, FEGLI, FEHBP, financial /estate planning and more. Participants are encouraged to ask questions and to be a part of the lively class discussions.

**Seminar Dates for FY 2010:** March 24-25, 2010; June 16-17, 2010

For further information, contact the Learning and Development Division by telephone or e-mail. See details below.

**Planning for Retirement Seminar**

**Course Length:** Three (3) days or approximately 18/19 hours of instruction.  
**Target Audience:** Federal employees with 5-10 years or less until retirement.

**Description:** As employees look toward retirement, many questions arise. This seminar gives participants an opportunity to be a part of in depth discussions to ensure a smooth transition into retirement. There are many topics, covered by multiple speakers included in this seminar with adequate time for your questions. Some of the seminar topics addressed include CSRS, CSRS-offset, FERS, Trans-FERS, law enforcement, optional FEGLI, FEHBP, disability, creditable service, high three average salary, deposit/redeposit, TSP, sick leave, annuity calculation, COLAs, survivor benefits, social security and Medicare, lifetime fitness and health, life after retirement, and much more.

**Seminar Dates for FY 2010:** October 20-22, 2009 (FERS); December 1-3, 2009(CSRS); January 20-22, 2010 (FERS); February 23-25, 2010 (CSRS); April 6-8, 2010 (CSRS); May 11-13, 2010 (FERS); July 13-15, 2010 (FERS); September 21-23, 2010 (CSRS)

If you have questions or need additional program information, contact the Learning and Development Division Customer Satisfaction Center at (703) 604-6852, Monday through Friday from 8:30 a.m. to 5 p.m.  You may also send an e-mail to lddcustomersatisfactioncenter@whs.mil.