



WORKSHOP CALENDAR FOR JANUARY & FEBRUARY 2009

CLEAR DIRECTION FOR A CONFIDENT RETIREMENT

January 8, 2009 (5:30-7:15 PM)

February 5, 2009 (5:30-7:15 PM)

MEMBERS Financial Services & StanCERA Rep

For those approaching retirement or if you've already retired, plan to attend this 1-session workshop on retirement income. It will give you a clear direction for a confident retirement and illustrate the importance of creating a comprehensive retirement income plan—a plan that includes your financial objectives and takes into account obstacles like inflation and health care costs.

LONG-TERM CARE WORKSHOP

January 8, 2009 (3:00-4:45 PM)

MEMBERS Financial Services

Many people don't believe they'll have a need for long term care insurance, which covers the cost of nursing home care and home health care. Unfortunately, this expense is rarely covered by group health insurance. Long term medical care expenses could quickly deplete the assets you have worked so hard to build, including your retirement fund. You will learn how long term care coverage can help prevent this from happening.

TEN STEPS TO FINANCIAL SUCCESS

January 15, 2009 (5:30-7:00 PM)

Valley First Credit Union

Financial success is not always dependent on income; in fact, many people earning an impressive salary struggle to make ends meet because they haven't followed the ten basic steps discussed in this seminar. From developing a spending plan that works to setting goals to weighing insurance needs, this presentation covers the core concepts necessary to develop and maintain personal financial control.

ESTATE PLANNING

February 5, 2009 (3:00-4:45 PM)

MEMBERS Financial Services & Atty. Judy Jensen

This workshop covers the financial and legal issues involved with proper estate planning, such as:

- ◆ Estate planning problems with probate
- ◆ Strategies to minimize taxes and probate expenses
- ◆ Estate distribution techniques
- ◆ Is a will good enough?
- ◆ Proper beneficiary designations
- ◆ Planning for minor children
- ◆ The importance of trusting your estate to a Trust

ASSERT YOURSELF

February 12, 2009

Cynthia Chapa, LCSW

BASIC (9:00 AM-12:00 Noon): Learn practical strategies for saying how you feel and asking what you want. Learn skills to improve your ability to express yourself without violating the rights of others or betraying your own integrity.

ADVANCED (1:30-4:40 PM): This workshop is for those who wish to pursue additional practice with assertive skills, with an emphasis on body language. Special attention will be placed on asserting yourself in difficult situations and with difficult people. Participants need to have had Cynthia's Basic Assertion Training prior to attending this workshop.

PSYCHOLOGY OF SPENDING

February 19, 2009 (5:30-7:00 PM)

Valley First Credit Union

Each person has a money personality that influences attitudes about spending and saving. By recognizing the tendencies and attitudes that have shaped past decisions, participants will be able to make the necessary adjustments to change bad financial habits into productive ones.

REGISTRATION FORM

PLEASE PRINT CLEARLY

Sign up for [choice(s)]:

Name _____

Daytime Phone No. _____

Other: _____

E-Mail Address _____

Guest's Name _____

(Please indicate which workshop your guest is attending with you.)

Place of Employment:



IF STANISLAUS COUNTY, PLEASE PROVIDE DEPARTMENT NAME: (Ex: BHRIS, CSA, DER, HSA)



Would you like to be reminded by: E-mail? Phone?

Please fill out this form and fax to Workplace Wellness at **558-8483**.

You will be notified either by phone or e-mail for confirmation & location (if available) within 48 hours upon receipt of registration.

For more information, please call Workplace Wellness at 558-8466 or visit us online at:

www.WorkplaceWellness.org

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