



New York State Teachers' Retirement System

10 Corporate Woods Drive
Albany, New York 12211-2395

(800) 356-3128 or (518) 447-2666 (Albany-area calls)

Web Site: www.nystrs.org

Retirement Planning Seminars

These daylong meetings are designed to 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 Summer 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

July 26 (Monday)
August 16 (Monday)
NYSTRS Headquarters
10 Corporate Woods Dr.

ITHACA

July 8 (Thursday)
The Clarion
Triphammer Road &
Route 13

L.I.-RONKONKOMA

July 28 (Wednesday)
Courtyard by Marriott
5000 Express Drive South
Exit 60, LIE

OWEGO

July 22 (Thursday)
Owego Treadway Inn
and Conference Center
1100 State Route 17C

ALEXANDRIA BAY

July 12 (Monday)
Riveredge Resort Hotel
17 Holland Street

LAKE PLACID

August 23 (Monday)
High Peaks Resort
One Mirror Lake Drive

L.I.-UNIONDALE

July 15 (Thursday)
August 12 (Thursday)
Long Island Marriott
101 James Doolittle Blvd.

ROCHESTER

August 18 (Wednesday)
Radisson Hotel Airport
175 Jefferson Road
Henrietta

BUFFALO

July 20 (Tuesday)
August 3 (Tuesday)
Millennium Airport Hotel
2040 Walden Avenue
Cheektowaga

L.I.-HAUPPAUGE

July 14 (Wednesday)
Islandia Marriott Long
Island
3635 Express Drive North
Exit 58, LIE

MIDDLETOWN

August 26 (Thursday)
Holiday Inn
68 Crystal Run Road

ROCHESTER

July 7 (Wednesday)
Rochester Marriott Airport
Hotel
1890 Ridge Road West

FISHKILL

August 25 (Wednesday)
Holiday Inn
Route 9
Exit 13, I-84

L.I.-MELVILLE

July 29 (Thursday)
Melville Marriott
1350 Old Walt Whitman
Road
Exit 49N, LIE

MOUNT KISCO

August 11 (Wednesday)
Holiday Inn
1 Holiday Inn Drive
Exit 37, Saw Mill River
Parkway

SYRACUSE

July 21 (Wednesday)
August 4 (Wednesday)
Holiday Inn
441 Electronics Parkway
Liverpool
Exit 37, NYS Thruway

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.**