

HUMAN RESOURCES
Spring into Financial Wellness!
Retirement Seminar for UH Faculty and Staff
Farrish Hall Room 101 – Lecture Classroom
Tuesday, April 15, 2025, and Thursday, April 17, 2025

SESSION SCHEDULE AND DESCRIPTIONS:

TUESDAY, April 15, 2025

9:00 AM – 10:00 AM, Social Security Administration – Social Security 101

For most Americans, Social Security is essential for retirement. Join the Social Security Office for a special presentation to learn more about Social Security and how it can benefit you when you retire. Included will be eligibility information for retirement, survivors, spousal and Medicare benefits.

10:00 AM – 10:30 AM, Voya – Turning Your Assets into Income

This seminar will help improve your understanding of retirement income concepts and how they may impact your retirement lifestyle. We'll review your sources of retirement income and saving vehicles to create a foundation of understanding. You'll learn about the potential financial risks faced during this utilization phase and the various ways of generating income when it's time to retire. After this seminar, you'll be more aware of what is needed to help make your retirement income last.

10:30 AM – 11:30 AM, TIAA Spanish – Take Control of Your Financial Life: 5 Steps to Save Money and Manage Debt (Tome el control de su vida financiera)

Learn how to manage money, uncover how to set goals, balance your budget and use debt wisely. With this information and a little determination, you can put yourself on the path to greater lifelong financial security. In this workshop you'll learn how to:

- Set your goals
- Know your spending
- Create a plan
- Manage credit and debt
- Practice healthy money habits

One-on-One Appointments Are Available Weekdays, 12:00 pm – 5:00 pm: [Register Here](#)

THURSDAY, April 17, 2025

9:00 AM – 10:00 AM, TIAA – Set Your Retirement Date: Understand the Factors to Get You to Your Goal

Whether you plan to retire tomorrow or 30 years from now, it's never too early or too late to design the life you want. Attend this session with TIAA to explore the steps you can take to get there.

10:00 AM – 11:00 AM, Fidelity –Take the First Step to Investing

This session introduces the basics of investing, explains the importance of asset allocation and diversification, and helps you identify the investment strategy that aligns with your financial goals.

- Review the basics of investing
- Understand asset allocation and diversification
- Identify your ideal investment approach

11:00 AM – 12:00 PM, Voya – 6 Essentials of Financial Wellness

Financial Wellness is not about being wealthy. It's about living confidently for today while planning for tomorrow and at the same time being ready to face the unexpected. Discover the 6 Essential steps to

Financial Wellness that will help you improve your financial confidence and help you reach your long and short-term goals regardless of what life may throw your way.

LUNCH BREAK (On your own)

12:00 PM – 12:30 PM

12:30 PM – 1:30 PM, Corebridge Financial -- Your Future Starts Now

Take the path towards greater security in retirement. This presentation is designed to help you prioritize what goals you may need to focus on now to be able to live retirement the way you want. Learn what you need to know to blaze your own financial trail for the future!

1:30 PM – 2:30 PM, TexaSaver – TexaSaver 457(b): Ready, Set, Retire

This presentation will describe how the TexaSaver 457 (b) plan fits into the retirement income picture of faculty and staff by helping them to fill the income gap that no longer having a salary creates. The TexaSaver voluntary retirement savings program can increase your personal retirement savings to bridge that financial gap as well as weather inflation, increased medical expenses as you age and more.

PLEASE JOIN US. ADD THE SESSIONS TO YOUR CALENDAR AND PLAN NOW TO ATTEND!