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GSI supports plan members in leading healthy lives and achieving financial security

We are very excited to expand on this focus and provide health and financial wellness resources at the upcoming 2018 Convention. Please visit our exhibit during the assembly to learn more and/or to get answers for your pension and benefits questions.

Based on our wellness emphasis, GSI will be sponsoring **massage chairs** and personal consultations with a **registered dietitian** during the convention. Please indicate your interest on the registration form (so we can have enough spaces) and sign-up for a time slot at the registration desk when you arrive.

GSI is also offering a mini-education series on Thursday afternoon April 26th.

Session 1 2:00 to 2:45

Session 2 2:45 to 3:30

While these sessions are created with plan members in mind, all convention attendees are welcome.

| Speaker: Lisa Thiessen (Executive Director) | | Speaker: John Wolff (GSI President) | |
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| | | <i>These topics will all be covered over each of the two sessions, directed to the career stage indicated</i> | |
| Session 1 | Creating your retirement dream this non-financial session will be a group discussion around the five emotional stages of retirement: imagination anticipation liberation reorientation reconciliation | Financial Planning Basics what is involved why it matters what are the benefits choosing an advisor Financial Planning setting goals cash flows-income and expenses budgeting debt management (good debt, bad debt) contingencies risk protection – risk is a 4 letter word investments retirement planning – social and financial options how much do you need where will it come from pension fund choices CPP & OAS | Session 1 Early to Mid-Career Session 2 Mid-Career to non-working transition |
| Session 2 | New member orientation get to know your pension and benefits plans: how do they work, what are your entitlements Life transitions what you need to know when change calls, or go on a leave (sick, parental) | | |