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[Home](#) > [Retirement Planning](#) > [Pension & Retirement Education Program](#)

## Pension & Retirement Education Program



PREP sessions are designed to help members of all ages prepare for retirement.

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(800) 348-7298, Ext. 6180  
[communit@nystrs.org](mailto:communit@nystrs.org)

Many retirees wish they began focusing on financial and retirement planning much earlier in their lives. Don't let that happen to you! No matter how far along you are in your career, careful financial and retirement planning are critical. That's why our Pension & Retirement Education Program (PREP) seminar is so valuable.

The PREP seminar will help you understand your NYSTRS benefits while also providing essential retirement-planning tips. This information will help you develop a plan to achieve your retirement goals and dreams.

Topics covered during this half-day seminar include:

- **NYSTRS Benefits:** Your pension, disability coverage, loans, vesting and death benefits.
- **Financial Planning:** Saving early, catching up, withdrawals and financial advisors.
- **Social Security:** Benefits, eligibility rules, when to collect and earning limits.
- **Estate Planning:** Wills, trusts, powers of attorney, health care proxies and living wills.
- **The Retirement Process:** Retirement options, "resigning" vs. "retiring," choosing a retirement date, retirement checklist, monthly payments, taxes and earnings limitations on NYS public employment.

Seminars are held from 8:30 a.m. to 1 p.m., with registration beginning at 8 a.m. There is no fee to attend and your spouse/companion is welcome to attend, but you must make a reservation in advance. (Note: These seminars are not designed for individual retirement counseling.)

**PREP seminars often fill up, so book early.** Can't attend a seminar now? We begin taking reservations for our three PREP schedules during the year in: mid-September (fall schedule); mid-December (winter/spring schedule); and, mid-May (summer schedule).

PREP Schedule

Location	Address	Dates	Directions
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### Retirement Planning

[Ready to Retire](#)
[Benefits Consultations](#)
[Pension & Retirement Education Program](#)
[Taxes & Estate Planning](#)
[Retirement Planning FAQs](#)

### Your Benefit Profile

The most important retirement-planning tool available to you.

[Benefit Profile Tutorial Video](#)

### Related Items

[PREP Video](#)
[PREP Brochure](#)


Albany	NYSTRS Headquarters 10 Corporate Woods Drive Albany, New York 12211	Friday, March 15 Friday, April 5	Directions
Buffalo	Buffalo Airport Hotel 4600 Genesee Street Cheektowaga, New York 14225	Tuesday, March 5 Tuesday, April 2	Directions
Fishkill	Hyatt House Fishkill/Poughkeepsie 100 Westage Business Center Drive Fishkill, New York 12524	Thursday, March 14	Directions
L.I. - Plainview	Holiday Inn Plainview – Long Island 215 Sunnyside Boulevard Plainview, New York 11803	Tuesday, March 12 Tuesday, April 23 Wednesday, April 24	Directions
Rochester	RIT Inn and Conference Center 5257 West Henrietta Road Rochester, New York 14467	Wednesday, March 6 Wednesday, April 3	Directions
Syracuse	Sheraton Syracuse University Hotel & Conference Center 801 University Avenue Syracuse, New York 13210	Wednesday, March 20	Directions

[Make a Reservation](#)

[Directions to PREP Seminars](#)

[PREP Module Videos](#)

## Contact Us

Email | [communit@nystrs.org](mailto:communit@nystrs.org)

Phone | (800) 348-7298



| Beware of NYSTRS Imposters

## Office Hours

Hours | 8:30 a.m. – 4:15 p.m. Mon.-  
Fri.

Address | 10 Corporate Woods Drive  
Albany, NY 12211-2395

Watch Us on



**YouTube**

## Featured Educational Video

Retirement Countdown: Winter

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