



## Make Financial Wellness a **2009** Goal

### **Begin the new year with a focus on your financial wellness.**

During the current economic downturn, it's more important than ever for you to learn how best to invest your retirement savings. To assure a clear understanding of the various investment options you have and how to make them work for you, we encourage you to attend a **Financial Knowledge** class.

**Financial Knowledge** is an independent organization that specializes in conflict-free financial education. Stanford Benefits has selected four new courses to help you tackle your taxes, financial planning, and especially how to successfully save for retirement.

See the other side for a list of the courses, times and locations. You will find a course outline when you reserve your seat using STARS. (Go to <http://axess.stanford.edu>. Login and click on *Training*.) Seating is limited, so don't delay reserving a spot.

There is a \$20 fee for each course. For staff, this is eligible for reimbursement through STAP (Staff Training Assistance Program).

DATE	LOCATION	TIME
<b>Tax Planning for 2009 and Beyond</b>		
February 3	Turing Auditorium	11 a.m. – 1 p.m.
March 11	Tresidder/Oak Lounge	4 p.m. – 6 p.m.

<b>Investing Basics</b>		
January 13	Redwood Hall, G19	11 a.m. – 1 p.m.
February 11	Redwood Hall, G19	4 p.m. – 6 p.m.
March 5	Redwood Hall, G19	4 p.m. – 6 p.m.
April 8	Turing Auditorium	Noon – 2 p.m.

<b>Managing Your Finances in Changing Times</b>		
January 21	Tresidder/Cypress Rooms	4 p.m. – 6 p.m.
February 19	Redwood Hall, G19	11 a.m. – 1 p.m.
March 17	Redwood Hall, G19	11 a.m. – 1 p.m.
April 14	SLAC, Kavli Auditorium	4 p.m. – 6 p.m.

<b>Retirement Planning Strategies in Changing Times</b>		
January 29	Redwood Hall, G19	11:30 a.m. – 1:30 p.m.
February 25	Tresidder/Cypress Rooms	4 p.m. – 6 p.m.
March 24	Redwood Hall, G19	4 p.m. – 6 p.m.
April 2	SLAC, Kavli Auditorium	4 p.m. – 6 p.m.
April 22	Turing Auditorium	11 a.m. – 1 p.m.

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320 Panama Street  
Stanford 94305-4160

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