



MAY WEBINARS

Financial know-how starts here.

Register for TIAA's live webinars to get financial information, news and tips from our experts.

Reserve your spot by clicking the registration links below. These webinars are part of your retirement plan benefits.

May 07 **How can I afford college for my kids or grandkids?**

Saving for a child's education is a crucial financial decision that can have a lasting impact on their future. In this webinar you'll gain insights into how to make the best decisions for your situation.

We'll discuss:

- Why saving for college matters
- Common questions
- Ways to save
- How to avoid excessive debt when considering loans
- Tips to get started

Noon to 1 p.m. (ET)
11 a.m. to noon (CT)
10 a.m. to 11 a.m. (MT)
9 a.m. to 10 a.m. (PT)

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May 15 **Financial wellness and mental health: Insights from the TIAA Institute**

In this webinar, we will examine the relationship between mental health and financial well-being.

Learn more about:

- How financial issues and events can impact mental health
- How mental health impacts decision-making
- The importance of developing a personal wellness plan and team
- Resources available to you, such as a financial professional

3 p.m. to 4 p.m. (ET)
2 p.m. to 3 p.m. (CT)
1 p.m. to 2 p.m. (MT)
Noon to 1 p.m. (PT)

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