

Don't plan for your future alone—you can schedule a counseling session today

No matter where you are in life—just getting started or planning for retirement—a session with J. BEN SPOONER can help you create a plan for your goals. And, it's at no additional cost as a part of your retirement plan. You'll get answers to these questions and more:

- Am I invested in the right mix of investments to help meet my goals?
- Am I saving enough to create the retirement income I need?
- How do I take income from my retirement account once I stop working?

TIAA will be available these dates and times for one-on-one sessions.

Date	Time	Location
Tuesday, November 29, 2022	8:15 am - 2:15 pm	VIRTUAL

OLD DOMINION UNIVERSITY



RSVP today, as space is limited. Register for sessions at www.TIAA.org/schedulenow or by calling 800-732-8353, weekdays, 8 a.m. to 8 p.m. (ET). We look forward to working with you.

*Based on independent third-party advice methodology.

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