



## MARCH WEBINARS

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March

# 11

### Your guide to living well in retirement

Retirement is a major life transition that can be both challenging and deeply rewarding. This webinar will focus on the human factors that can help you add a new and exciting chapter to your life story.

We'll talk about how you can:

- Find your purpose
- Stay physically, mentally and emotionally healthy
- Create community to stay connected

**11 a.m. (ET) 10 a.m. (CT) 9 a.m. (MT) 8 a.m. (PT)**

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March

# 26

### Understanding Required Minimum Distributions (RMDs)

When you make pretax contributions to your retirement account, taxes aren't due until you withdraw your money in retirement. But what if you don't withdraw the money? Well, the IRS makes sure you do—through required minimum distributions when you turn 73. In this webinar you'll get insights on:

- What RMDs are and when they apply
- Exceptions to the basic RMD rules
- How to take your RMDs
- How to avoid costly mistakes
- What you can do with your money

**Noon (ET) 11 a.m. (CT) 10 a.m. (MT) 9 a.m. (PT)**

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