

TIME	TOPIC	PRESENTER
10-10:30 a.m.	Social Security and Your Retirement	David Cassin Corebridge Financial
10:30-11 a.m.	The Benefits of Joining a Credit Union	Lori Balestri Visions Credit Union
11-11:30 a.m.	Benefits of Enrolling in the Voluntary Retirement Plan	Frank Booth Voya
1-1:30 p.m.	Cigna Dental DHMO	Mary Beth Kivlen Cigna
2-2:30 p.m.	Employee Assistance Program (EAP) Services - Stress Management	Dr. Michael J. Kahn Employee Consulting Associates
2:30-3 p.m.	Cholesterol: Good, Bad and In-between	Cristina M. Perez , PhD, RN, CNE Associate Professor of Nursing Ramapo College
3-3:30 p.m.	Deferred Compensation Program 457(b), and its Differences from Other Retirement Options such as the 403(b)	Lily Lau Empower
3:30-4 p.m.	Managing our Land of Confusion through Mindfulness	Roger Jans POER