

Following is information regarding the 2010 Commonwealth of Virginia Defined Contribution Plans' Regional Education Meetings. The content of the Regional Education Meetings is updated each year to address the changing needs of Plan participants.

Registration is not required for any meeting. Presenters will be available following the last session for individual questions. Or, call **1-VRS-DC-PLAN1 (1-877-327-5261)** and select Option 2 to speak with a local registered representative.

In 2010, the following seminars will be offered:

- **Getting Started - An Overview of Long-Term Planning for Financial Security:** Provides a basic overview of financial tools such as budgeting and debt management with an emphasis on long-term planning. Appropriate for employees starting out in their career.
- **Deferred Compensation and Cash Match Plans Overview:** Provides a basic overview of the Plans and investment options available. Appropriate for those employees who are eligible for Deferred Compensation and Cash Match Plans.
- **Managing Your Defined Contribution Plan Accounts:** Provides an overview of the Plans' investment options and reviews basic investment principals. Appropriate for all employees.
- **Retirement Distribution Strategies:** Reviews the Plans' distribution options and provides information on potential taxes and penalties. Appropriate for participants nearing retirement or retirees.

2010 Schedule

Topics will be presented at the times and locations indicated below. Seminars are approximately one-hour long, with the exception of Retirement Distribution Strategies which will run approximately 90 minutes.

Date	Getting Started	Deferred Compensation and Cash Match Plans Overview	Managing Your Defined Contribution Plan Accounts	Retirement Distribution Strategies	Location	Presenter Information
Wednesday, July 14	9:00 a.m.	10:15 a.m.	11:15 a.m.	1:30 p.m.	SunTrust Center 919 E. Main Street 4th Floor, Tidewater Room Richmond	Kelly Hiers 1-877-327-5261 Option 2, Ext. 13 kelly.hiers@us.ing.com
Thursday, July 15	9:00 a.m.	10:15 a.m.	11:15 a.m.	1:30 p.m.	Jamestown Settlement 2110 Jamestown Road, (Rte. 31S), Classroom E Williamsburg	Mackenzie Moss 1-877-327-5261 Option 2, Ext 12 mackenzie.moss@us.ing.com
Thursday, July 22	9:00 a.m.	10:15 a.m.	11:15 a.m.	1:30 p.m.	VDOT - Northern Virginia 14685 Avion Parkway Chantilly	David Detamore 1-877-327-5261 Option 2, Ext. 11 david.detamore@us.ing.com
Tuesday, July 27	9:00 a.m.	10:15 a.m.	11:15 a.m.	1:30 p.m.	Department of Mines, Minerals and Energy 3405 Mountain Empire Road Big Stone Gap	Janice Parker 1-877-327-5261 Option 2, Ext. 14 janice.parker@us.ing.com
Tuesday, August 10	9:00 a.m.	10:15 a.m.	11:15 a.m.	1:30 p.m.	SunTrust Center 919 E. Main Street 4th Floor, Tidewater Room Richmond	Kelly Hiers 1-877-327-5261 Option 2, Ext. 13 kelly.hiers@us.ing.com
Wednesday, August 11	9:00 a.m.	10:15 a.m.	11:15 a.m.	1:30 p.m.	Northern VA Community College 8333 Little River Turnpike Ernst Community Cultural Ctr Seminar Rooms A & B Annadale	David Detamore 1-877-327-5261 Option 2, Ext. 11 david.detamore@us.ing.com
Wednesday, August 11	9:00 a.m.	10:15 a.m.	11:15 a.m.	1:30 p.m.	Rappahannock Community College 52 Campus Drive, Room 181 Warsaw	Mackenzie Moss 1-877-327-5261 Option 2, Ext 12 mackenzie.moss@us.ing.com
Wednesday, August 11	9:00 a.m.	10:15 a.m.	11:15 a.m.	1:30 p.m.	Rappahannock Community College 12745 College Drive, Rm. 183 (Satellite Location) Glenns	Mackenzie Moss 1-877-327-5261 Option 2, Ext 12 mackenzie.moss@us.ing.com

Date	Getting Started	Deferred Compensation and Cash Match Plans Overview	Managing Your Defined Contribution Plan Accounts	Retirement Distribution Strategies	Location	Presenter Information
Monday, August 16	9:00 a.m.	10:15 a.m.	11:15 a.m.	1:30 p.m.	VDOT - Staunton District Office Commerce Road Auditorium Staunton	Kelly Hiers 1-877-327-5261 Option 2, Ext. 13 kelly.hiers@us.ing.com
Tuesday, August 24	9:00 a.m.	10:15 a.m.	11:15 a.m.	1:30 p.m.	Eastern Shore Community College 29300 Lankford Hwy Workforce Development Center Room 170/180 Melfa	Mackenzie Moss 1-877-327-5261 Option 2, Ext. 12 mackenzie.moss@us.ing.com
Tuesday, August 24	9:00 a.m.	10:15 a.m.	11:15 a.m.	1:30 p.m.	Virginia Highlands Community College 100 VHCC Drive Auditorium Rm. 605 (Learning Resource Center) Abingdon	Janice Parker 1-877-327-5261 Option 2, Ext. 14 janice.parker@us.ing.com
Thursday, September 16	9:00 a.m.	10:15 a.m.	11:15 a.m.	1:30 p.m.	SunTrust Center 919 E. Main Street 4th Floor, Tidewater Room Richmond	Kelly Hiers 1-877-327-5261 Option 2, Ext. 13 kelly.hiers@us.ing.com
Saturday, September 18	9:00 a.m.	10:15 a.m.	11:15 a.m.	1:30 p.m.	Tidewater Community College 300 Granby Street - Martin Building Room 2505 Norfolk	Mackenzie Moss 1-877-327-5261 Option 2, Ext. 12 mackenzie.moss@us.ing.com
Tuesday, September 21	9:00 a.m.	10:15 a.m.	11:15 a.m.	1:30 p.m.	Dept. of Forestry 900 Natural Resources Drive Training Room Charlottesville	Kelly Hiers 1-877-327-5261 Option 2, Ext. 13 kelly.hiers@us.ing.com
Tuesday, September 28	9:00 a.m.	10:15 a.m.	11:15 a.m.	1:30 p.m.	Lord Fairfax Community College 173 Skirmisher Lance Middletown	David Detamore 1-877-327-5261 Option 2, Ext. 11 david.detamore@us.ing.com
Wednesday, September 29	9:00 a.m.	10:15 a.m.	11:15 a.m.	1:30 p.m.	VDOT - Salem 731 Harrison Avenue Building A, Auditorium Salem	Janice Parker 1-877-327-5261 Option 2, Ext. 14 janice.parker@us.ing.com
Wednesday, October 13	9:00 a.m.	10:15 a.m.	11:15 a.m.	1:30 p.m.	JTCC - Featherstone 1807 Huguenot Road Ste. 108, Rm F111 Midlothian	Kelly Hiers 1-877-327-5261 Option 2, Ext. 13 kelly.hiers@us.ing.com
Monday, October 18	9:00 a.m.	10:15 a.m.	11:15 a.m.	1:30 p.m.	SunTrust Center 919 E. Main Street Richmond	Kelly Hiers 1-877-327-5261 kelly.hiers@us.ing.com
Thursday, October 21	9:00 a.m.	10:15 a.m.	11:15 a.m.	1:30 p.m.	Norfolk Health Department 830 Southhampton Ave Classroom B/C Norfolk	Mackenzie Moss 1-877-327-5261 Option 2, Ext. 12 mackenzie.moss@us.ing.com
Thursday, October 28	9:00 a.m.	10:15 a.m.	11:15 a.m.	1:30 p.m.	Central Virginia Training Center 521 E. Colony Road Nagler Building, A/V Room Madison Heights	Janice Parker 1-877-327-5261 Option 2, Ext. 14 janice.parker@us.ing.com
Saturday, October 30	9:00 a.m.	10:15 a.m.	11:15 a.m.	1:30 p.m.	Germanna Community College 1000 Germanna Point Drive Sealy Auditorium Fredericksburg	David Detamore 1-877-327-5261 Option 2, Ext. 11 david.detamore@us.ing.com