Virginia Retirement System

Commonwealth of Virginia
Defined Contribution Plans
Regional Education Meetings

Following is information regarding the 2012 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. 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 2012, the following seminars will be offered:

• **First Steps to 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 early in their career. **(Approximately 60 Minutes)**
• **Deferred Compensation and Cash Match Plans Overview:** Provides an overview of Plan provisions, features and benefits. Appropriate for all employees that are eligible for the Deferred Compensation and Cash Match Plans. **(Approximately 45 minutes)**
• **Understanding Your Plan Investments:** Reviews basic investment principles, provides an overview of the options available within the Plans, and an explanation of investment performance and account statements. Appropriate for all employees. **(Approximately 75 minutes)**
• **Retirement Distribution Strategies:** Reviews the Plans' distribution options and provides information on potential taxes and penalties. Appropriate for participants nearing retirement or retirees. **(Approximately 75 minutes)**

*****Registration is recommended but not required. Contact the listed presenter to register.*****

Date	First Steps to Financial Security	Deferred Compensation and Cash Match Plans Overview	Understanding Your Plan Investments	Retirement Distribution Strategies	Location **Please contact the presenter if you have any questions about the location.**	Presenter Information - **Please contact to reserve your seat!**
Tuesday, March 20, 2012	9:00 am to 10:00 am	10:15 am to 11:00 am	11:15 am to 12:30 pm	1:45 pm to 3:00 pm	**Southside Community College - Daniel Campus** Workforce Development Center 200 Daniel Road, Room 103 Keyesville	Mackenzie Moss 1-877-327-5261 Option 2, Ext 12 mackenzie.moss@us.ing.com
Wednesday, March 21, 2012	9:00 am to 10:00 am	10:15 am to 11:00 am	11:15 am to 12:30 pm	1:45 pm to 3:00 pm	**Dept. of Rehabilitative Services** 8004 Franklin Farms Road Lee Building, Conf. Rooms 101-103 Richmond	Kelly Hiers 1-877-327-5261 Option 2, Ext. 13 kelly.hiers@us.ing.com
Wednesday, March 21, 2012	9:00 am to 10:00 am	10:15 am to 11:00 am	11:15 am to 12:30 pm	1:45 pm to 3:00 pm	**Wytheville Community College** 1000 E. Main Street, Grayson Hall, Room 219 Wytheville	Janice Parker 1-877-327-5261 Option 2, Ext. 14 janice.parker@us.ing.com
Tuesday, March 27, 2012	9:00 am to 10:00 am	10:15 am to 11:00 am	11:15 am to 12:30 pm	1:45 pm to 3:00 pm	**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, March 29, 2012	9:00 am to 10:00 am	10:15 am to 11:00 am	11:15 am to 12:30 pm	1:45 pm to 3:00 pm	**University of Mary Washington** 1301 College Avenue Woodward Campus Center - Red Room Fredericksburg	David Detamore 1-877-327-5261 Option 2, Ext. 11 david.detamore@us.ing.com
Thursday, April 19, 2012	9:00 am to 10:00 am	10:15 am to 11:00 am	11:15 am to 12:30 pm	1:45 pm to 3:00 pm	**Department 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, April 24, 2012	9:00 am to 10:00 am	10:15 am to 11:00 am	11:15 am to 12:30 pm	1:45 pm to 3:00 pm	**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, April 25, 2012	9:00 am to 10:00 am	10:15 am to 11:00 am	11:15 am to 12:30 pm	1:45 pm to 3:00 pm	**Dept. of Environmental Quality** 5636 Southern Blvd Conference Room 1& 2 Virginia Beach	Mackenzie Moss 1-877-327-5261 Option 2, Ext 12 mackenzie.moss@us.ing.com
Wednesday, April 25, 2012	9:00 am to 10:00 am	10:15 am to 11:00 am	11:15 am to 12:30 pm	1:45 pm to 3:00 pm	**Department of Mines, Minerals, and Energy** 3405 Mountain Empire Road 2nd Floor Training Room Big Stone Gap	Janice Parker 1-877-327-5261 Option 2, Ext. 14 janice.parker@us.ing.com
Thursday, April 26, 2012	9:00 am to 10:00 am	10:15 am to 11:00 am	11:15 am to 12:30 pm	1:45 pm to 3:00 pm	**Northern Virginia Graduate Center** 7054 Haycock Rd Room 219 Falls Church	David Detamore 1-877-327-5261 Option 2, Ext. 11 david.detamore@us.ing.com
Thursday, May 17, 2012	9:00 am to 10:00 am	10:15 am to 11:00 am	11:15 am to 12:30 pm	1:45 pm to 3:00 pm	**Paul D. Camp Community College** 100 North College Drive, Workforce Development Center, Technology Theater # 202 Franklin	Mackenzie Moss 1-877-327-5261 Option 2, Ext 12 mackenzie.moss@us.ing.com
Wednesday, May 23, 2012	9:00 am to 10:00 am	10:15 am to 11:00 am	11:15 am to 12:30 pm	1:45 pm to 3:00 pm	**VDOT Lynchburg** 4219 Campbell Avenue Training Room Lynchburg	Janice Parker 1-877-327-5261 Option 2, Ext. 14 janice.parker@us.ing.com

Date	First Steps to Financial Security	Deferred Compensation and Cash Match Plans Overview	Understanding Your Plan Investments	Retirement Distribution Strategies	Location **Please contact the presenter if you have any questions about the location.**	Presenter Information - **Please contact to reserve your seat!**
Tuesday, May 29, 2012	9:00 am to 10:00 am	10:15 am to 11:00 am	11:15 am to 12:30 pm	1:45 pm to 3:00 pm	**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, May 30, 2012	9:00 am to 10:00 am	10:15 am to 11:00 am	11:15 am to 12:30 pm	1:45 pm to 3:00 pm	**Woodrow Wilson Rehabilitation Center** 292 Woodrow Wilson Drive Switzer Bldg, Lg Classroom Fishersville	David Detamore 1-877-327-5261 Option 2, Ext. 11 david.detamore@us.ing.com
Thursday, June 21, 2012	9:00 am to 10:00 am	10:15 am to 11:00 am	11:15 am to 12:30 pm	1:45 pm to 3:00 pm	**John Tyler Community College** 13101 Jefferson David Hwy Bird Hall Room B116 Chester	Kelly Hiers 1-877-327-5261 Option 2, Ext. 13 kelly.hiers@us.ing.com
Tuesday, June 26, 2012	9:00 am to 10:00 am	10:15 am to 11:00 am	11:15 am to 12:30 pm	1:45 pm to 3:00 pm	**Monroe Building** 101 N. 14th Street Room C, 1st Floor Richmond	Kelly Hiers 1-877-327-5261 Option 2, Ext. 13 kelly.hiers@us.ing.com
Thursday, July 19, 2012	9:00 am to 10:00 am	10:15 am to 11:00 am	11:15 am to 12:30 pm	1:45 pm to 3:00 pm	**Jamestown Yorktown Foundation** 2110 Jamestown Road (Route 31 S.) Classroom A Williamsburg	Kelly Hiers 1-877-327-5261 Option 2, Ext. 13 kelly.hiers@us.ing.com
Wednesday, July 25, 2012	9:00 am to 10:00 am	10:15 am to 11:00 am	11:15 am to 12:30 pm	1:45 pm to 3:00 pm	**VDOT Salem** 731 Harrison Avenue Auditorium Salem	Janice Parker 1-877-327-5261 Option 2, Ext. 14 janice.parker@us.ing.com
Tuesday, July 31, 2012	9:00 am to 10:00 am	10:15 am to 11:00 am	11:15 am to 12:30 pm	1:45 pm to 3:00 pm	**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

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