



# NEW YORK CITY COLLEGE OF TECHNOLOGY

THE CITY UNIVERSITY OF NEW YORK

## HUMAN RESOURCES DEPARTMENT

300 JAY STREET • SUITE 1102  
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### **Fall 2009 Benefits Seminars**

*Sponsored by the Human Resources Department*

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| <b>Thursday, Sept 17, 2009</b> | Understanding Money & Credit<br>Presented by Corporate Counseling Associates<br>NAMM Rm. 420C from 12:00pm to 2:00pm                                 |
| <b>Thursday, Oct 15, 2009</b>  | Understanding and Achieving Your Long-Term<br>Financial Goals<br>Presented by Charles Segal, TIAA-CREF<br>NAMM Rm. <i>TBD</i> from 12:00pm to 2:00pm |
| <b>Tuesday, Oct 27, 2009</b>   | MetLife Tax Deferred Annuity<br>Presented by Christopher Vargas, MetLife<br>NAMM Rm. <i>TBD</i> from 12:00pm to 2:00pm                               |
| <b>Thursday, Nov 12, 2009</b>  | Stress Management<br>Presented by Corporate Counseling Associates<br>NAMM Amphitheater from 12:00pm to 2:00pm  |

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### **Reminder**

*Charles Segal, of TIAA-CREF, will continue to conduct individual counseling sessions this fall in the Human Resources Department (HB1102) from 9am to 4pm on the dates below. If you'd like to schedule a 1-hour appointment with him, please call 800-732-8353.*

**Wednesday, Sept 23, 2009**  
**Thursday, Oct 15, 2009**  
**Tuesday, Oct 27, 2009**

**Thursday, Nov 12, 2009**  
**Tuesday, Nov 24, 2009**  
**Wednesday, Dec 9, 2009**

*Bina Kumar, of the New York State Deferred Compensation Plan, will continue to conduct individual counseling sessions in the Human Resources Department (HB1102) from 12pm to 2pm on the dates below. If you'd like to schedule a 20-minute appointment with her, please call 800-422-8463 ext. 44329.*

**Monday, Oct 5, 2009**  
**Monday, Nov 2, 2009**

**Tuesday, Dec 15, 2009**