

## Register for pension seminars for HSA members at Nanaimo Regional General Hospital

Thanks to popular demand and the efforts of the HSA steward team at Nanaimo Regional General Hospital, Municipal Pension Plan seminars are scheduled as follows:

### **Thursday, January 24, 2019: Making the Most of Your Pension Seminar**

**Nanaimo Regional General Hospital  
Room 2050**

**4:00 pm – 6:00 pm *Making the Most of Your Pension* (pizza dinner served at 4:00 pm)** seminar provides information for mid-career members. This seminar will provide information to help you understand your pension plan, and the options your plan affords you for the future.

Learn about:

- The value of your pension
- Leaves, buyback and your future pension income
- Your Member Benefit Statement
- Online pension plan tools and resources

### **Monday, February 4, 2019: Approaching Retirement Seminar**

**Nanaimo Regional General Hospital  
Room 2050**

**4:00 pm – 6:00 pm *Approaching Retirement* (pizza dinner served at 4:00 pm)** seminar provides great information for members nearing retirement, reviewing member's options and information about how to successfully transition into retired life.

Learn about:

- Pension options
- Determining your retirement income
- Online pension plan tools and resources

All plan members are welcome to attend, including those receiving long-term disability (LTD) benefits.

MPP recommends that you bring your most recent Member Benefit Statement to the *Making the Most of Your Pension Seminar* and there will be a sample statement in the handout material as well. The instructor will go over the statement during the presentations but it is helpful to have your own information available. Once you have registered for the pension seminar, you will receive a confirmation email from HSA. This email will include contact information from MPP to obtain your pension statement.

Registration is through [My Events Registration](#) and you will need your HSA member ID number in order to create a login. Please call the HSA office at 604.517.0994 to receive your HSA member ID number.

Spouses are welcome to attend (space permitting) and a light dinner will be provided. Please indicated on your registration application if you have any dietary restrictions you'd like us to know about.

**No wage replacement or expenses may be claimed for attending these seminars.**