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*GSI supports plan members in leading healthy lives and achieving financial security*

We are very excited as we expand on this focus and provide health and financial wellness resources at the upcoming 2018 Eastern Synod Assembly. Please visit our exhibit during the assembly to learn more and/or to get answers for your pension and benefits questions.

Based on our wellness emphasis, GSI will be sponsoring **massage chairs** and personal consultations with a **registered dietitian** during the convention. Please look for advance sign-up or come to our exhibitor's booth to reserve your time.

Also, at this Assembly, GSI is hosting a lunch and learn series. Session 1 will take place on Friday during the lunch break and Session 2 will take place on Saturday during the lunch break. Each session is 30 to 45 minutes, so you will still have some personal time over the break.  
*Please register for these sessions in advance so that we can plan for the meals.*

Lisa Thiessen		John Wolff	
		<i>These topics will all be covered over each of the two sessions, directed to the career stage indicated</i>	
Session 1	<b>Creating your retirement dream</b> this non-financial session will be a group discussion around the five emotional stages of retirement: imagination anticipation liberation reorientation reconciliation	<b>Financial Planning Basics</b> what is involved why it matters what are the benefits choosing an advisor  <b>Financial Planning</b> setting goals cash flows-income and expenses budgeting debt management (good debt, bad debt) contingencies risk protection – risk is a 4 letter word investments retirement planning – social and financial options  how much do you need where will it come from pension fund choices CPP & OAS	Session 1  Early to Mid-Career   Session 2  Mid-Career to non-working transition
Session 2	<b>New member orientation</b> get to know your pension and benefits plans: how do they work, what are your entitlements  <b>Life transitions</b> what you need to know when change calls, or go on a leave (sick, parental)		