

# August 2024

## Financial Fitness Opportunities



**WHAT:** Retirement Planning from New Hire to Retiree  
**WHEN:** **Wednesday, August 14, 2024, 10:00am – 11:00am (CT)**  
**WHERE:** Online  
**REGISTER:** [Webinar Registration Link](#)  
**DETAILS:** Nick Daugherty is back with a new webinar to help you understand how the stock market works, different types of retirement accounts available to you, and how to make sure financial advisors are working to support your financial goals. Whether you are just starting your career or you are getting close to retirement, this webinar will be full of helpful information.

*\*This is webinar is for educational purposes only and is not designed to provide financial advice for individual participants.*



**WHAT:** Discount Purchase Program Information Session  
**WHEN:** **Thursday, August 15, 2024, 1:00pm – 2:00pm (MST)**  
**WHERE:** Online  
**REGISTER:** [Webinar Registration Link](#)  
**DETAILS:** Treat yourself to cool deals! Find out more about the Discount Purchase Program and learn about how you can shop online and buy products and services, such as computers, appliances, vacation packages and more at discounted prices.



**WHAT:** Avoiding Financial Exploitation  
**WHEN:** **Thursday, August 29, 2024, 10:00am – 11:00am (CT)**  
**WHERE:** Online  
**REGISTER:** [Webinar Registration Link](#)  
**DETAILS:** Join Patricia Hord from the Office of the Consumer Credit Commissioner in a new webinar. Many of us know someone who's been the target or the victim of a scam. After years of hard work and sound financial decisions, many people find themselves in a crisis because financial fraudsters targeted them. In this webinar, you will learn how to recognize, report and reduce the risk of financial exploitation.

### Fitness & Nutrition Connect Community Calls!



Join the BCBSTX wellness team for 15-minute check-ins to connect with others and engage in a lively wellness discussion on topics related to nutrition, fitness and finances! Check out the full schedule of events and register for sessions through the [ERS Wellness Events Calendar](#).

**PLEASE NOTE:** In rare cases, ERS has to cancel or change events due to weather, low registration rates or other issues beyond our control. When possible, we will provide notice of cancellations or changes on the ERS website. If you're planning to attend an event, we encourage you to check our Events webpage the morning of the event for any updates.