

# Education by Empower series - 2026

## Opportunities for employee engagement with hot topics\*

Third week of every month: Tuesday at 8 a.m., 11 a.m., 2 p.m., Wednesday at 9 a.m., 12 p.m., 4 p.m., & Thursday at 10 a.m., 1 p.m., & 3 p.m. (Spanish), all MT

Fourth week of every month on Tuesday at 8 a.m., 11 a.m., 2 p.m., Wednesday at 10 a.m., 1 p.m., 3 p.m., & Friday at 9 a.m. & 12 p.m. all MT.

January	February	March	April	May	June
Building a foundation of financial wellness <b>20, 21, 22, 27, 28, 30</b>	Introduction to tax planning <b>17, 18, 19, 24, 25, 27</b>	Maximize your savings with an experience built around you <b>17, 18, 19, 24, 25, 27</b>	Advanced investing in any market <b>14, 15, 16, 21, 22, 24</b>	Sandwich generation <b>19, 20, 21, 26, 27, 29</b>	Retirement Readiness <b>16, 17, 18, 23, 24, 26</b>
Estate planning <b>21, 22, 23, 28, 29, 31</b>	A closer look at Social Security <b>18, 19, 20, 25, 26, 28</b>	Planning for healthcare expenses <b>15, 16, 17, 22, 23, 25</b>	Navigating financial setbacks <b>20, 21, 22, 27, 28, 30</b>	Thriving in retirement <b>17, 18, 19, 24, 25</b>	Retirement myths <b>15, 16, 17, 22, 23</b>

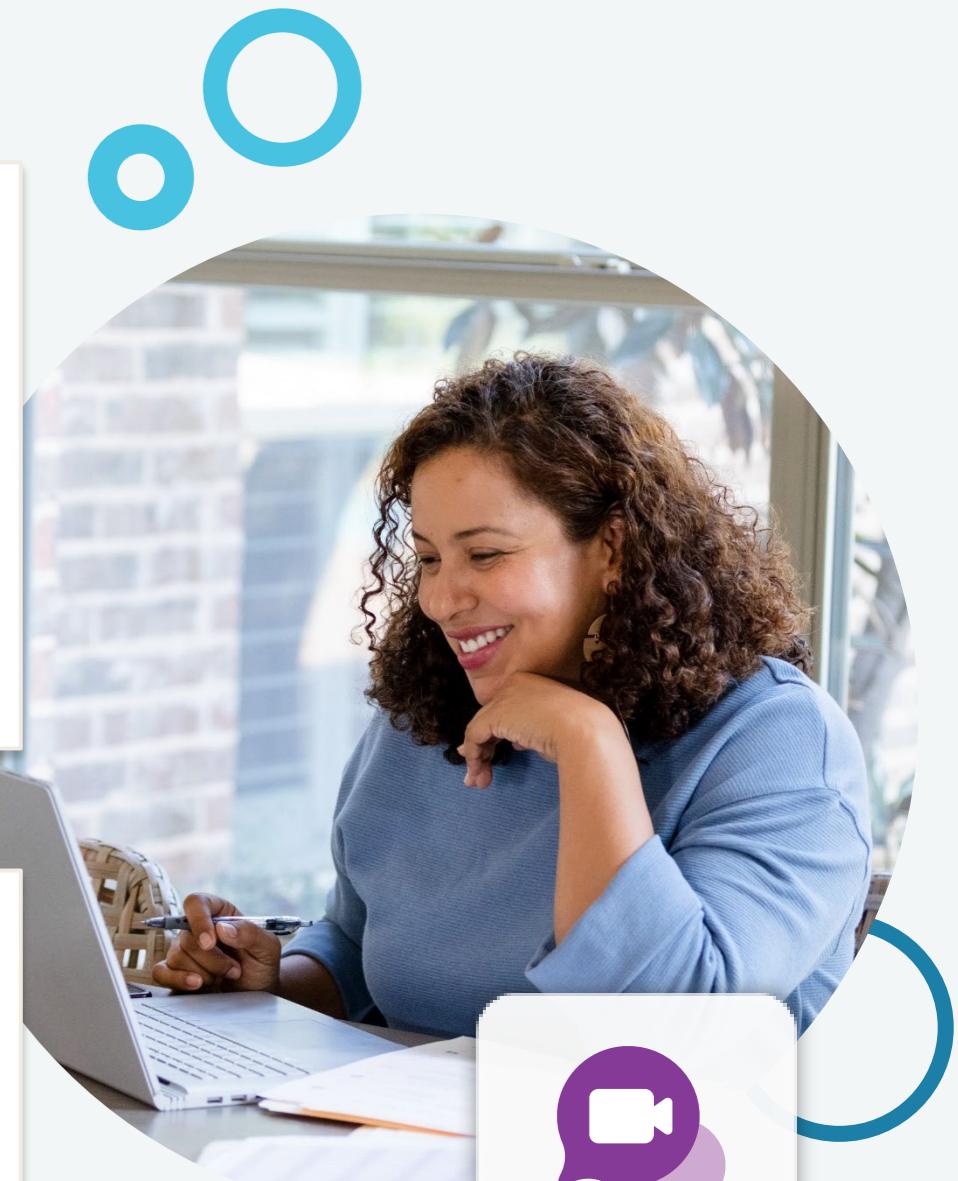
\*Sessions are live and available in Spanish.

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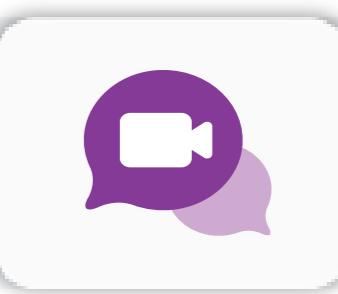
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**Building a foundation of financial wellness:** Explore financial aspects that affect everyone's life, hear personal experiences, and steps to take toward financial wellness.

**Introduction to tax planning:** Understanding types of taxes, tax-filing information and forms, tax brackets, tax minimization strategies, methods of and common tax filing errors.

**Maximize your savings with an experience built around you:** A look at your savings, saving in your plan, and resources designed for you.

**Advanced investing in any market:** Strategies for navigating advanced investing and understanding market volatility.

**Sandwich generation:** Caring for both aging parents and your own children at the same time, maintaining balance and juggling the needs of parents, children, and yourself, plus how to prepare financially.

**Retirement readiness:** What is retirement readiness? How much does it take to retire? Estimating and factoring in Social Security.

**Estate planning:** What estate planning is, benefits of an estate plan, components and documents.

**A closer look at Social Security:** What is Social Security, when to take it, how pensions affect Social Security, spousal benefits.

**Planning for healthcare expenses:** Understanding healthcare costs, what you need to know about Medicare, and planning for potential expenses.

**Navigating financial setbacks:** A look at economic impacts, ways to overcome financial setbacks and landing on your feet after a set back.

**Thriving in retirement:** Considerations for your retirement years including budgeting, investing, accessing your savings and putting your financial affairs in order.

**Retirement myths:** Facts vs fiction - Account security, accessing your money, fees and expenses, and more.

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