



CHOICES PROGRAM

Retirement Services provides the CHOICES program to active employees 1-5 years from retirement. Its purpose is to educate the employees of their City pension benefits as well as all other areas of preparing for retirement. This is a seven week series that includes:

- What does Retirement look like to you?
- Inventory of Retirement Activities
- Presentation by Social Security Administration
- Investing in Your Health – 101 – presented by Peter Sepsis
- Explanation of the city of San Jose pension estimates
- ING Deferred Compensation illustrations
- Successful Retirement Living – Part I & II – presented by Financial Knowledge Network
 - Complete a personal financial goal worksheet to help reach your financial goals for retirement
 - Estate Planning: Understanding the Basics
- Long Term Care insurance
- Retirement Benefits and Options
- Health, Dental and other optional insurance plans in Retirement

Financial Knowledge Network (FKN) presents many of these brown bag classes on various financial topics. FKN is a nationwide leading provide of on-site employee financial education in each course and present on an “education only” basis, selling no product or service. Participants gain information, knowledge and skills to make educated financial decisions.

Peter Sepsis presents “*Investing in Your Health – 101*”. Peter is a graduate of Benedictine University (Chicago) and San Jose State University with training in Preventive and Rehabilitative Cardiovascular Health and Public Health. His experience includes design implementation, and evaluation of cardiovascular disease prevention programs while at the Center for Research and Disease Prevention at Stanford University and the Institute for Health and Aging at the University of California, San Francisco. Peter is currently responsible for directing the southern California Center for Healthy Living where he focuses on the development, implementation, and evaluation of educational programs related to physical, social, and psychological health. Peter is also a consultant with Kaiser Permanente and Pasadena Psychiatric Medical Group.

How to register –

You may call Karin Carmichael, Training Analyst at 794-1013, fax your registration to 392-6732 or email to retire.classes@sanjoseca.gov. Attendees are selected on a first come, first serve basis and will be notified prior to the class as to whether or not they are confirmed to attend.

Where the classes are held –

The classes are held in Retirement Services, 1737 N. First Street, Suite 600 from 5:30 p.m. to 8:00 p.m. A light dinner is provided so you are able to come directly from work. There is adequate free parking behind the building.