

## STRATEGIC FOCUS: RETIRE

### WEBINARS

- **[Managing and Reducing Financial Stress \(July 17 | 1 p.m. ET\)](#)**

Financial stress is unavoidable, but it shouldn't stop you from reaching your financial goals. As part of our short-form webinar series, *ASK CAPTRUST*, this panel discussion will explore the impact of financial stress on mental health and more. We'll also discuss practical tips for managing stress now and in the future.

- **[Retirement Income Withdrawal Strategies \(August 21 | 1 p.m. ET\)](#)**

Millions of Americans say their number one worry about living in retirement is that they will run out of money. Having a plan makes a critical difference. In this webinar, learn about different withdrawal strategies, including the "4-percent rule", required minimum distributions (RMDs), and how to decide if you should rollover money into an individual retirement account (IRA) or leave it in your employer-sponsored plan.

### VIDEOS

- **[Market Update \(July\)](#)**

CAPTRUST's Chief Investment Officer, Mike Vogelzang, outlines what has happened in the markets and explains it relative to the participant perspective.

- **[Loans from Employer-Sponsored Plans \(August\)](#)**

Thinking of taking a loan from your retirement plan? First, it's important to understand how loans can impact your long-term finances and your retirement goals. This *Lessons in Financial Experiences (LIFE)* video explains the advantages and disadvantages of taking a loan from your employer-sponsored retirement plan.

- **[Planning for Healthcare in Retirement \(September\)](#)**

Most people assume Medicare will cover all their healthcare needs after age 65, but there are lots of healthcare costs you'll likely need to pay for on your own. In this video, we explain what to expect and how to prepare for common healthcare expenses in retirement.

### ARTICLES

#### July

- [Secure Your Retirement Savings: The Three-Bucket Strategy](#)
- [Kickstart Your Retirement Savings](#)

#### August

- [Make It Safe To Age in Place](#)
- [Social Security Retirement Benefit Basics](#)

#### September

- [Making 80 the New 60](#)
- [Don't Let Your Retirement Savings Goal Get You Down](#)



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**All dates and titles subject to change.**

