



Pension & Retirement Education Program (PREP) Fall 2026 Seminar Schedule

Albany/Capital District

Capital Region BOCES

- Tuesday, Nov. 17

Binghamton

DoubleTree by Hilton Binghamton

- Thursday, Dec. 10

Buffalo

Hilton Garden Inn Buffalo Airport

- Friday, Nov. 6
- Tuesday, Dec. 8

Fishkill

Hyatt House Fishkill

- Thursday, Nov. 19

Hauppauge

Hyatt Regency Long Island

- Friday, Nov. 6
- Tuesday, Dec. 1

Mount Kisco

Hotel MTK

- Thursday, Nov. 5
- Thursday, Dec. 3

Rochester

RIT Inn & Conference Center

- Thursday, Nov. 5
- Wednesday, Dec. 9

Stony Brook

Hilton Garden Inn Stony Brook

- Wednesday, Dec. 2

Syracuse

Hilton Garden Inn Syracuse

- Friday, Nov. 20

About PREP Seminars

PREP seminars offer practical retirement planning information for members in all career stages.

Each free half-day session runs from 8:30 a.m. to 1 p.m. (registration begins at 8 a.m.).

Topics include:

NYSTRS Benefits: Pension, disability coverage, loans, vesting and death benefits.

Financial Planning: Saving early, catching up, withdrawals and financial advisors.

Social Security: Benefits, eligibility rules, when to collect and earning limits.

Estate Planning: Wills, trusts, powers of attorney, health care proxies and living wills.

Retirement: Benefit payment options, the retirement process, ensuring you have a bona fide termination, monthly payments and working in retirement.

Reservation and Attendance Information

Make a reservation online through MyNYSTRS at nystrs.org or call 800-348-7298, ext. 6180.

Bring your latest *Benefit Profile* (available in MyNYSTRS).

The seminar is not intended for individual benefits counseling. For information about retirement consultations, please visit the Retirement Planning/Benefits Consultations page of nystrs.org.