



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

Albany/Capital District

Capital Region BOCES

- Wednesday, July 22
- Friday, Aug. 14

Binghamton

DoubleTree by Hilton Binghamton

- Wednesday, Aug. 12

Buffalo

Buffalo Airport Hotel

- Wednesday, July 15
- Tuesday, Aug. 4

Fishkill

Hyatt House Fishkill/Poughkeepsie

- Thursday, Aug. 13

Hauppauge

Hyatt Regency Long Island

- Wednesday, July 22

Radisson Hotel

- Wednesday, Aug. 19

Lake George

Fort William Henry

- Tuesday, July 28

Lake Placid

High Peaks Resort

- Monday, July 27

Mount Kisco

Hotel MTK

- Thursday, July 23
- Thursday, Aug. 20

Riverhead

Hotel Indigo Long Island – East End

- Tuesday, July 21

Rochester

RIT Inn & Conference Center

- Thursday, July 16
- Wednesday, Aug. 5

Stony Brook

Hilton Garden Inn Stony Brook

- Tuesday, Aug. 18

Syracuse

Hilton Garden Inn Syracuse

- Friday, July 17
- Thursday, Aug. 6

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.