



GOVERNMENT EMPLOYEES' RETIREMENT SYSTEM

OF THE VIRGIN ISLANDS

"Contributing today for a better tomorrow"

Press Release

For Immediate Release

Date: Monday, May 14, 2018

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GERS POST- RETIREMENT WORKSHOP

"The Joys & Challenges of Retirement" Featured Topic: *Coping with Stress*

ST. CROIX, VI –

The Government Employees' Retirement System invites its retired members on St. Croix to participate in a Post-Retirement Workshop titled, *THE JOYS & CHALLENGES OF RETIREMENT*.

**WEDNESDAY, MAY 30, 2018
GERS COMPLEX –TRAINING ROOM
3004 ESTATE ORANGE GROVE – STE. 1
ST. CROIX, VI
8:30 A.M. – 1:30 P.M.**

The objective of this workshop is to keep our retired members empowered and informed by way of providing timely, relevant information on topics of interest and importance. Our featured topic, "*Coping with Stress*," will be presented by Olaf G. Hendricks, M.D. Other topics include:

- Social Security Program Update
- Understanding Medicare
- Your Health Insurance Plan
- How to Conserve Energy While Spending More Time at Home

For additional information or to pre-register call 718-5480 extension 5406 or 776-7703 extension 4200. Pre-registration deadline is Friday, May 25th.

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