



# GOVERNMENT EMPLOYEES' RETIREMENT SYSTEM OF THE VIRGIN ISLANDS

"Contributing today for a better tomorrow"

## Press Release

For Immediate Release

**Date:** Tuesday, October 02, 2018  
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### **GERS POST RETIREMENT WORKSHOP**

"The Joys & Challenges of Retirement" Featured Topic: *Why Your Health Matters*

St. Thomas/St. Croix, VI –

The Government Employees' Retirement System invites its retired members on St. Thomas to participate in a Post-Retirement Retirement Workshop titled, "*The Joys & Challenges of Retirement.*"

**ST. THOMAS**  
**WEDNESDAY, OCTOBER 10**  
**GERS COMPLEX- ST. THOMAS**  
**TRAINING ROOM**

**8:30 A.M. – 1:00 P.M.**

Pre-registration Deadline: October 5<sup>th</sup>

**ST. CROIX**  
**WEDNESDAY, OCTOBER 24**  
**GERS COMPLEX- ST. CROIX**  
**TRAINING ROOM**

**8:30 A.M. – 1:00 P.M.**

Pre-registration Deadline: October 17<sup>th</sup>

The objective of this workshop is to keep our retirees informed and empowered. Our featured topic, "*Why Your Health Matters,*" will be presented by Ms. Debra Christopher. Other topics include:

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

For additional information or to pre-register call (340) 776-7703 or 718-5480. Seating is limited so please register early.

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