## Spending within your means

### Inside Money: Managing income and debt
Discover how to help make your money work harder by using your cash flow more effectively, developing good saving habits and better managing debt.

### Gaining Insight: Navigating debt consolidation and understanding the mortgage process
You can understand how to manage and consolidate debt, and get a primer that can help make the mortgage process easier to navigate.

## Saving for life’s milestones

### The Starting Line: Beginning to save for retirement
You can learn how to evaluate and manage debt, find additional ways to save, create a budget and begin to plan for retirement.

### The 411 on 529 college savings plans
You can learn how 529 college savings plans work and how to invest in one for a child, grandchild, yourself or other loved one.

## Planning for today and tomorrow

### Tomorrow in Focus: Saving for your ideal retirement
Find out how retirement savings, planning and the real benefit of time are essential features of retirement investments.

### She’s Got It: A woman’s guide to saving and investing
You can discover saving and investing strategies developed especially for women and how you can put them into action.

### Halfway There: A retirement checkpoint
You can give yourself a mid-career financial checkup to evaluate your current savings, formulate a plan to help pursue your savings goals and manage competing financial priorities.

### Equally Prepared: Financial planning for the LGBT community
You can learn about the specific challenges faced by the LGBT community—both financial and legislative, even with the U.S. Supreme Court’s marriage equality ruling—and potential solutions to address them.

### Start to Finish: The early career woman’s guide to financial wisdom
When women are starting their careers, there’s a lot to consider—career goals, job satisfaction, achieving a work/life balance. But it’s important to also consider retirement. Discover how establishing a plan now can help establish your financial future.

### Charting Your Course: A financial guide for women
Women can face unique financial challenges. You can discover tailored approaches to saving for retirement and tips to make your money work hard.

### Postcards from the Future: A woman’s guide to saving and investing
Fewer years in the workforce. Longer life spans. Women saving for retirement face unique challenges. You can learn what it takes to overcome these challenges and help make your retirement dreams come true on schedule.

### Demystifying life insurance
Life insurance can play a critical role in your financial plan. You can learn how much you may need, what types exist, how much you can afford and much more.

### Dismantling myths about annuities
Annuities are commonly misunderstood financial products in the marketplace. You can learn about their unique characteristics so you can determine if they should be part of your overall financial plan.
All about IRAs
You can learn the facts on IRAs, how an IRA may help you meet your retirement savings goals and which one may be right for you.

Money at Work 1: Foundations of investing
Discover how you can manage risk versus reward as well as understand the role of investing and managing risks, ways to help accelerate savings and tools that can help sustain a portfolio.

Retirement Plans: Know the rules
Your retirement assets will play a significant role in creating your retirement income, however, there are many rules surrounding your use of these assets. When can I start taking distributions? When must I start taking distributions? What happens when I leave them to my loved ones? Join us to get the answers to all of these questions and more.

Asset Location: A practical guide for income and estate planning
We often think about our investments in terms of how much we should invest in stocks or bonds or other investments so that we can achieve the greatest return according to our own risk tolerance, goals and time frame. Equally as important is where those assets are located to maximize the benefits of different account types—usually to minimize taxes. Learn about how the location of your assets may impact your retirement income and your beneficiaries.

Healthy Numbers: Integrating healthcare into your retirement plan
You can learn and plan for the cost of healthcare in retirement, including supplemental insurance, and the real benefits and costs of Medicare.

Social Security basics
Social Security will likely play a significant role in building your retirement income. Learn the basics about Social Security including eligibility, how to apply, how your benefit is calculated and strategies for claiming benefits

Social Security strategies for married couples
Married couples can take advantage of some strategies that may help to increase lifetime Social Security benefits. You can learn the basics about spousal benefits, understand the many variables involved in claiming strategies and how married couples can boost their benefits by coordinating the timing of their claims.

Making gifts to loved ones and charities
You can help to maximize the value of your life’s work and help to take care of your survivors and philanthropic causes with a little planning. This webinar will review basic strategies for giving to individuals and charities during your lifetime, as well as legacy planning.

How smart investors ride out market volatility
What’s the best way to handle market ups and downs? TIAA offers best practices and actionable steps to help you pursue financial security.

Help protect you, your family and your money
Learn from TIAA’s Chief Information Security Officer about measures you can take to help prevent identity theft by securing your personal information on websites, social media and mobile apps, and how to conduct online financial transactions safely.

Responsible Investment (RI)
Responsible Investment is an approach to investing that aims to incorporate environmental, social and governance (ESG) factors into investment decisions, to better manage risk and generate sustainable, long-term returns. Learn how the RI industry has evolved over the years, current trends driving its growth and ways for you to consider incorporating RI practices into your investments strategies.

Quarterly economic and market update
A review of economic and market developments that may impact your retirement savings strategy, including the pace of economic recovery, strategies to manage through the Fed’s rate hike cycle, current events and the impact the global economy will have on the U.S. economy and financial markets.

Reserve your place at these live financial webinars
Live webinars are offered each month. Be sure to visit TIAA.org/webinars today to reserve your place at the webinars you want to attend.