

# YOU ARE INVITED TO ATTEND!



## CSEA Capital Region Zooming forward 4 Tomorrow...

EVERY MEMBER is invited to our Tuesday Night Trainings. For the next several weeks, we will hold Zoom trainings for any region member. To attend, one or all of the events, please register at [csearegion4@cseainc.org](mailto:csearegion4@cseainc.org) or by calling 518-782-4400.

### Feb 2 - Money Matters... Holiday Edition

This session will introduce you to a CSEA-branded, low interest VISA credit card endorsed with **CAP COM**. **CAP COM** will be on hand to discuss this new money saving program and how it can help clean up leftover holiday bills.

### Feb 9 - CSEA Safety and Health Department...There for you

Join us and discover all the ways the CSEA OSH Department is working to educate members and to keep them safe on the job.

### Feb 16 - CSEA 101

Join us in learning about the history of our union and how when we work together we are stronger and able to accomplish more.

### Feb 23 - Planning Today for Tomorrow!

Join us as we discuss the NYSRS and many other ideas on how to best plan for retirement.

### Mar 2 - Estate planning – putting your eggs in the correct basket.

Do you know the difference between a will and a trust? Do you know why a health care proxy is so important? Join us to discuss the CSEA Legal Services program that can help you make these important life decisions.

### Mar 9 - CSEA: Doing more than just “thanking” our Veterans.

Join the Capital Region Veterans Committee as we explore and share veterans’ benefits and programs that may be available to CSEA veterans’ members and their families.

### Mar 16 - Human Rights: An Idea We Can All Live With

Many times, we hear the words *Human Rights*, but seldom do we discuss what those words mean. In this session, we will explore the history of human rights and where we stand today.

### Mar 23 - The Legacy of Ruth Bader-Ginsburg

Join us to explore the fight Justice Ginsburg so passionately fought and how she championed not only women’s rights but worker’s rights, and the importance of continuing the fight.

### Mar 30 - Money Matters – It’s time to get started.

**COM**. **CAP COM** will be on hand to discuss how to start a plan for financial success whether you are 25 and just starting out or 55 and toward the end of your working career, getting in financial shape is important.

### Mar 31 - CSEA REGION 4 Celebration Night.

Join us as we express our gratitude to all who attended at least one training.

The name of everyone attending tonight’s event will be placed in raffles for prizes.

**\*Bonus:** Attend 7 of the 9 trainings and you will be sent a CSEA Region 4 Jacket AND one lucky winner gets a special prize!