



FED IMPACT

Retirement Training by **PROFEDS**



Own your federal retirement. Discover how to be the hero in your own retirement story!

Attend a FedImpact Retirement Workshop and learn how to maximize your federal benefits. These benefits can be confusing and that makes planning for retirement frustrating.

Our mission is to help you to understand what is available, avoid the red tape, and create a clear path to retire ready.



"The workshop you delivered yesterday was phenomenal. I enjoyed the presentation as well as the class participation and interaction."

D.S., Office of Personnel Mgmt., Washington, DC

Join us on Tuesday

SEPTEMBER 22, 2026

9:00am - 4:00pm

Quincy Sons of Italy
120 Quarry St.
Quincy, MA 0216

FedImpact.com/VLFG

Hosted by: Victoria Lowrey & Jimmy Sullivan
with Lowrey Financial Group

TOPICS COVERED:

General Planning
CSRS & FERS Pensions
Survivor Benefit Plan
Social Security
FERS Supplement
FLTCIP (long-term care)
FEGLI (life)
FEHB (health)
Thrift Savings Plan
...and more!



**Scan to
register
VLFG**

A light lunch will be provided, and spouses are encouraged to attend. Request paid time off to attend at: FedImpact.com/SF-182



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TELL US ABOUT YOUR FEDERAL SERVICE

Your Retirement System:

- CSRS (*Typically hired before 1984*)
- FERS (*Typically hired 1984 and later*)

Special Provision:

- Law Enforcement
- Firefighter
- Air Traffic Controller

CONTACT INFORMATION

Name (*First & Last*):

Spouse's Name (*if attending*):

Department/Agency:

Work Phone (*include ext.*):

Home Phone:

Work Email:

Home Email:

Home Address:

Referred By:

**SUBMIT YOUR
REGISTRATION**



EMAIL: workshops@profeds.com

FAX: 866-779-9921

CALL: 844-PRO-FEDS

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