

Please join us for the *Understanding Your Pension Seminar*



NHRIPP

NURSING HOMES AND RELATED INDUSTRIES PENSION PLAN

Caring for your Retirement

*Light refreshments
will be served,
followed by a Q&A
session. All attendees
will receive a small
take-home gift.*

During this free, 90-minute, in-person seminar you'll learn about:

- How your NHRIPP pension works
- Your pension options when you retire
- How your pension benefits are calculated
- How to continue your benefits during a leave of absence
- How to monitor your pension and manage your personal information using our online tools
- Your options if you leave your Plan

Register today as spaces are limited!

Choose a session for the NHRIPP Plan from the list below or feel free to attend a Multi-Sector Pension Plan (MSPP) if that's more convenient. (Both Plans operate in a similar way.) The seminar will be offered in both English and French.

Date	Plan	Location	Session times (choose one)
04/08/2025	NHRIPP	Jim Durrell Recreation Centre 1265 Walkley Rd, Ottawa, ON, K1V 6P9	9 A.M., 1 P.M., 7 P.M.
04/09/2025	MSPP	Jim Durrell Recreation Centre 1265 Walkley Rd, Ottawa, ON, K1V 6P9	9 A.M., 1 P.M., 7 P.M.

How to Register:

- **Online:** Visit <https://forms.gle/q4eDAX5Zdhvmiwbx8> to register
- **QR Code:** Scan the code to the right and complete the form
- **Email:** Send a message to info@inbenefits.ca with the subject "Register me - Understanding Your Pension" please include the seminar date and time in your email.

