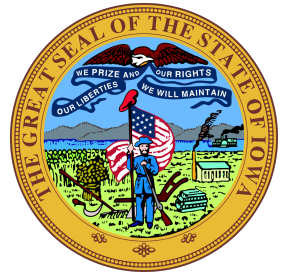


Finances and fitness go hand-in-hand



If you have ever lost a night's sleep worrying about money, you are not alone.

50%

Half (50%) of Americans surveyed spend "three or more hours a week" thinking about financial issues*



5 out of 10

In fact, more than half (53%) say they feel stressed dealing with their financial situation, and 41% say their stress level related to financial issues has increased over the past 12 months.*

* PricewaterhouseCoopers, LLC, Employee Financial Wellness Survey (2017)

Financial wellness can make you feel better immediately

When we think about saving or addressing our financial situations, it's easy to say "I'll get to it later." But did you know improving your financial wellness has real effects starting day one? Not only can it help you manage your money better, but you feel better—physically and mentally. And the Iowa Retirement Investors' Club is committed to helping you do just that!

We want to help you strike a balance between your short-term and long-term goals. We want you to feel confident making a plan and sticking to it throughout your financial journey, stress free.

The more you know

Feeling confident about your finances begins with education. At the Iowa Retirement Investors Club, we empower you to take control of your financial future by learning about any and every financial topic out there that will help you make smart decisions with your money. There are plenty of resources, right here, you can use to get ahead of your finances:



Seminars

- Look for announcements about financial seminars you can attend on topics ranging from budgeting to Social Security. Go, ask questions and get answers in real time from our dedicated financial advisors who are here to help you!

Finances and fitness go hand-in-hand



Online tools and resources

- iowa.VALIC.com is full of educational resources for you to read and engage on your own time whenever it is most convenient.
- FutureFIT University®: Interactive learning program that puts you in the driver's seat of your financial learning experience. Access education for you and your family; that's right, FutureFIT University provides learning opportunities for kids and adults to make financial wellness a priority for the whole family.
- FutureFIT Calculator: Log in to your account and see where you are in planning for your future according to your goals and ambitions. Learn how small changes to your contributions or changing your asset allocation can lead to big results.
- Education Center: Read articles geared toward you and your particular financial situation. Learn ways to prepare for your taxes, plan for your child's education and more.



On-site financial advisors

- Visit with one of our on-site financial advisors to review your overall financial picture. They are here to help you! Whether you need retirement planning help or a holistic view of your entire financial landscape, they are ready to get you started and stay on track toward your goals. Schedule an appointment today by calling 1-800-426-3753.

Des Moines, Central Iowa
Dan Allen
515-770-1725
Dan.Allen@valic.com

Southeastern Iowa
Pam Corrick
641-919-0133
Pam.Corrick@valic.com

Western Iowa
Gil Evers
712-830-5228
Gil.Evers@valic.com

Cedar Rapids, Eastern Iowa
John Morgan
319-389-5581
John.Morgan@valic.com

David Dykstra
641-780-2309
David.Dykstra@valic.com

**Des Moines, Central Iowa,
Southwestern Iowa**
Kathy Dennis
515-782-6766
Kathleen.Dennis@aig.com

Davenport, Eastern Iowa
David Laroque
563-320-0056
David.Laroque@valic.com

District Office
13220 Metcalf Avenue
Suite 360
Overland Park, KS 66213
1-888-569-7055

Council Bluffs
Tim Briggs
402-612-7182
Tim.Briggs@valic.com

Your Future is Calling. Meet It with Confidence.

CLICK iowa.VALIC.com **CALL** 1-800-426-3753 **VISIT** your financial advisor

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