



Navy Region Southwest

Retired Military Personnel

Seminar & Resource Fair

Presented by:



Saturday, November 7, 2009

8:30 am-2 pm

**Historic Liberty Station
The ROCK ACADEMY**

2277 Rosecrans St., San Diego, CA 92106

Plan to attend this informative seminar for retirees, future retirees and their families from all branches of the uniformed services.

This year's topics will include:

- TRIWEST/TRICARE for life
- Emergency Preparedness
- Medical Entitlements
- Veteran's Services
- Legislative Matters
- Social Security Administration

Highlights include:

- Keynote Speaker Commander, Navy Region Southwest Representative
- Resource Tables (open at 9 am)
- Opportunity to meet other military retirees
- Influenza shots on site starting at 10:30 am. First come, first served until medication is expended.

Save the date - you'll be glad you did!

For more information contact Navy Region Southwest Retired Activities Office at 619-556-8987, or Email to cnrswrao@navy.mil (or) rao.nbsd@yahoo.com



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