Benefits Spotlight:

- **District Picnic at the Alameda County Fairgrounds in Pleasanton, Saturday - July 11**
- **Summer Workshops, Tuesday - July 14**

In the District Atrium

<table>
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<tr>
<th>Time</th>
<th>Sponsor</th>
<th>Topic - do you know about ...?</th>
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| 11 - 12 | Met Life Lloyd Lawrence  | **Long-term care** Life can change unexpectedly. Serious illness, injury or old age could render you in need of long-term care services. Come hear about:  
- What is long term care?  
- What are the costs?  
- Considerations of enrolling in this optional benefit. |
| 12 - 1 | ZUK Financial Services   | **Tax-deferred 403(b) and 457 plans** The District is working hard to become fully compliant with the 403(b) Plan regulations. Come hear an update about:  
- Employee investment choices and forms  
- Support services  
- In this economy, where do tax-deferred investments fit? Hear a discussion sponsored by ZUK Financial Services. |
| 1 - 2  | Weight Watchers          | **Weight Management (Please RSVP for this workshop to 510/466-7229)** Weight Watchers sponsors a Weight Watchers-at-work program. Come hear about the 9 week program for only $99. The special summer savings at-work series will get you on your way to your weight loss this summer. Why join a Weight-Watchers-at-work meeting? You'll:  
- Learn how to eat right  
- Experience the convenience of workplace meetings  
- Have additional motivation by sharing the journey with co-workers |
| 2 - 3  | Peralta Benefits Office  | **Adjunct Faculty Benefits** Adjunct faculty fall open enrollment for medical and dental benefits August 10 - September 11, 2009. Website and downloads available by July 10, 2009. Come and  
- Pick up forms  
- Hear about eligibility criteria  
- Hear about the enrollment process |

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Come Out & Play!  
At the District Picnic – Alameda County Fair, Saturday, July 11, $25/pp

Cost Includes  
Fair admission  
Lunch buffet 12 – 2 @Bernal Greens  
hot dogs, hamburgers, ribs & chicken with the trimmings, baked beans, vegetables, rice pilaf, fruit salad, penne pasta salad, watermelon, fudge brownies cookies & lemonade

Entertainment for all ages!  
Horseracing  
Music  
Carnival Rides  
Animal, art, wine exhibits  
Headliner for the day:  
En Vogue (@ 6pm & 8pm)

Contact the Benefits Office at 510 466-7229 for more information or visit the websites:  
Alameda County Fair Website or Peralta Benefits Website

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Return your payment & ticket reservation form to PCCD Benefits 333 East 8th Street, Oakland, CA 94606 the PCCD Benefits Office no later than 12pm - Wednesday, July 8, 2009.

- Tickets purchases are non-refundable and will be available for pick up on July 6, 7, & 8 from 9 – 3 in the Benefits Office only!
- Tickets at this price will not be available on the Fairgrounds

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<th>First Name, Last Name</th>
<th>Employee id</th>
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If active, payment by  
- payroll deduction  
- money order or cashier's check attached

If retired, payment by  
- money order attached or  
- cashier’s check attached

# of tickets  
x $25  

total payroll deduction for 7 31 09 payroll: $  
employee initials ( )

# of tickets  
x $25  

total payment enclosed

BENEFITS OFFICE USE: