



Virginia Retirement System

ICMA-RC Defined Contribution Plans Retirement Specialist



Lauren Hand

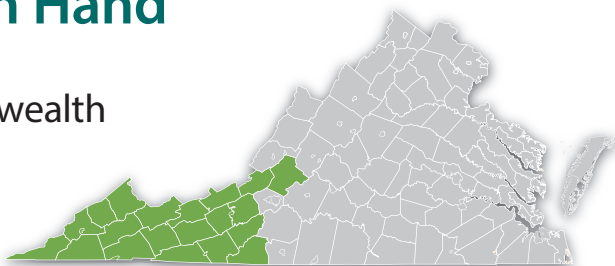
Defined Contribution Plans Specialist

800-338-5804

LHand@icmarc.org

Reach out to your ICMA-RC Defined Contribution Plans Retirement Specialist, **Lauren Hand**

Lauren is available to assist you with the Commonwealth of Virginia's Retirement Plans in the Southwestern Region of Virginia.



Questions about your retirement plan accounts?

Request an individual meeting with Lauren to help you save, invest and plan for your future.

Lauren Hand, *Defined Contribution Plans Specialist*

800-338-5804 | LHand@icmarc.org

Visit your plan website for tips, tools and services to help you manage your account — www.varetire.org/dcplans

AC: 43997-0919