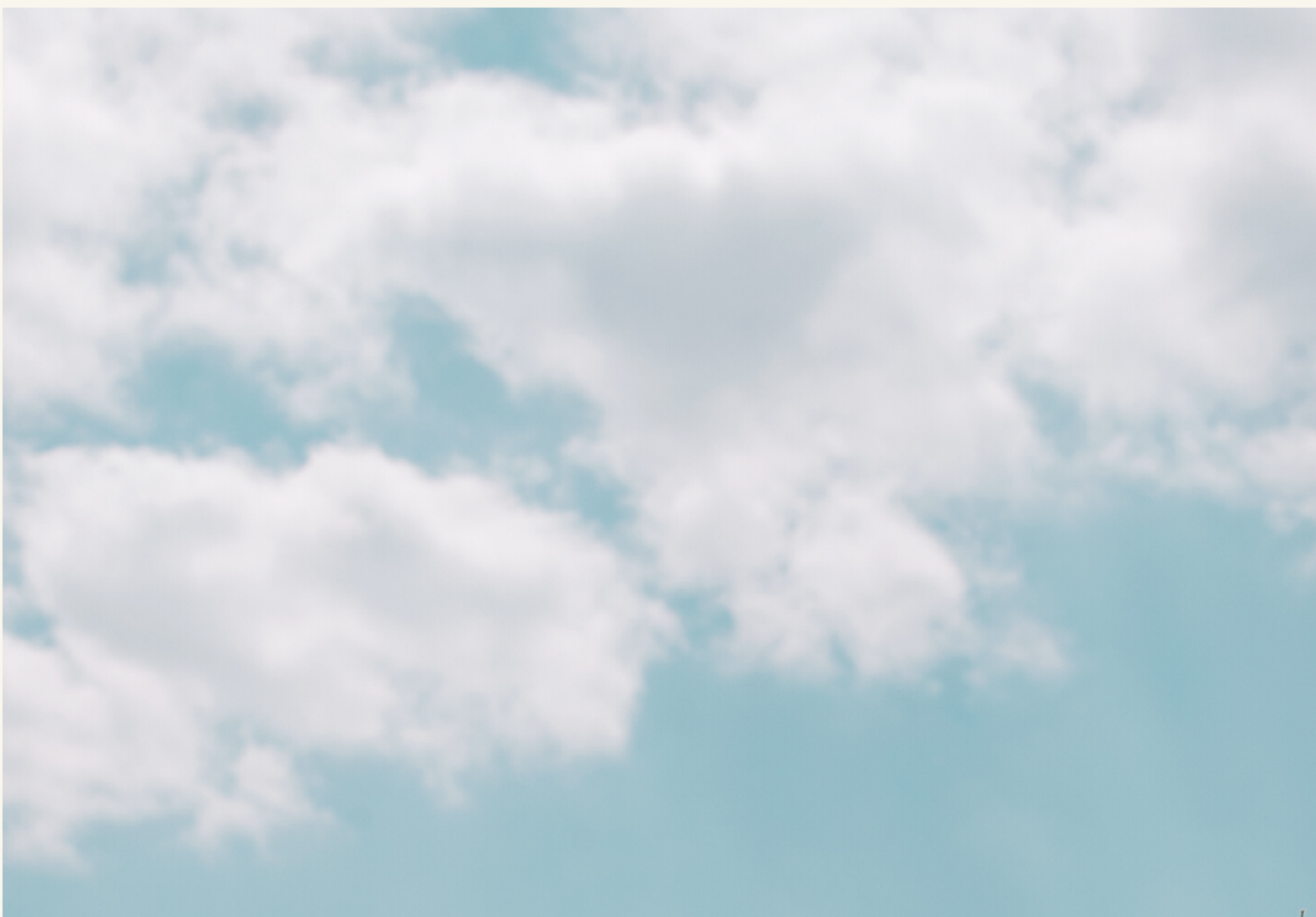


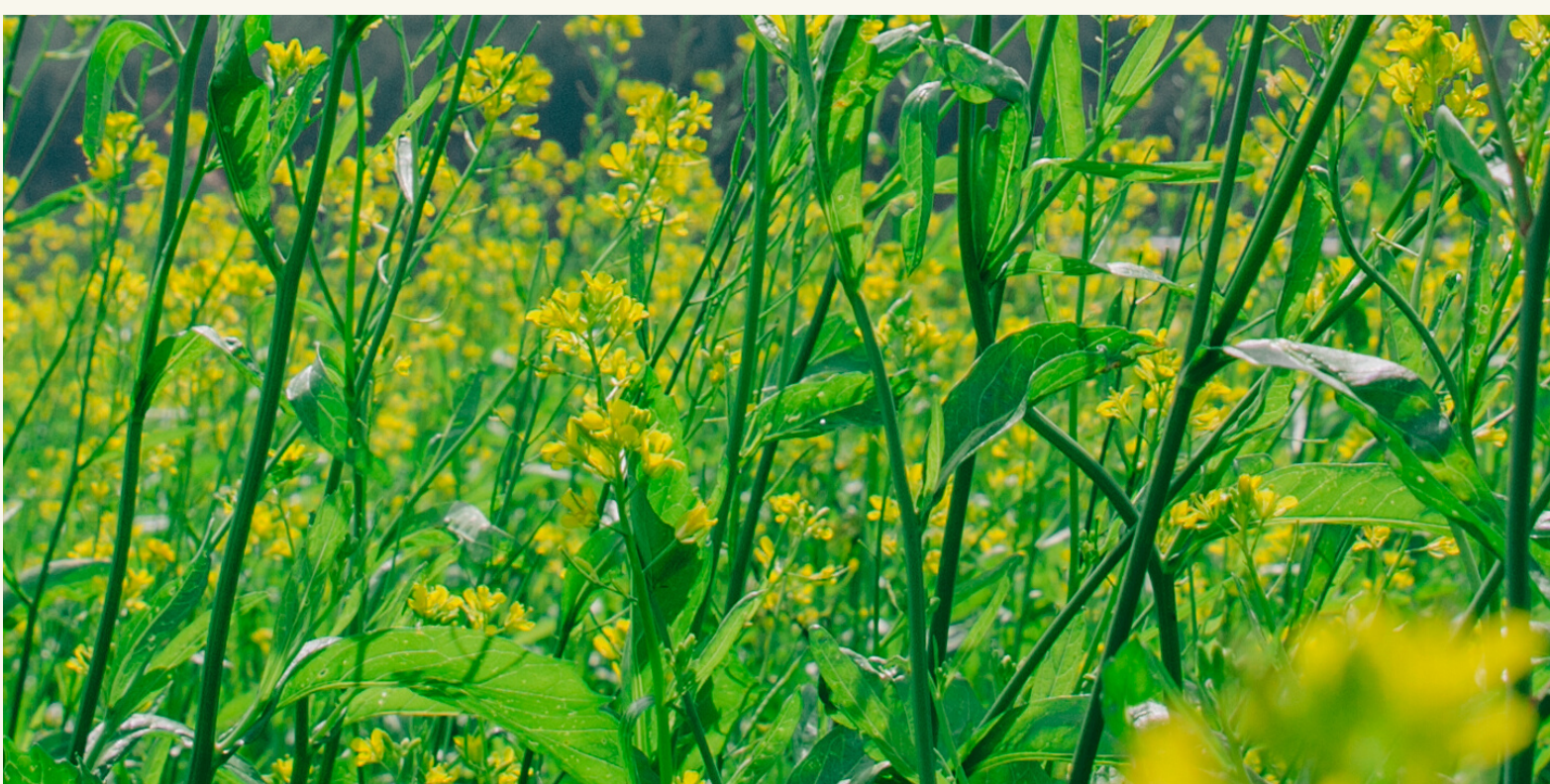
Health & Wellness

FINANCIAL STRESS



WE HEAR YOU SAYING...

STRESS AT HOME ALONG
WITH WORK STRESS CAN BE
OVERWHELMING AT TIMES.



AN INVITATION TO ALL

MANAGING MONEY WELL TAKES
TIME. BUT BY BEING AWARE OF OUR
SPENDING AND SAVINGS, WE CAN
MAKE BETTER FINANCIAL CHOICES
FOR OURSELVES AND OUR FAMILY.



FINANCE FOR EVERYONE

HIGHLIGHTS FROM THE VIDEOS:

- how to get your financial house in order
- how to manage debt
- insurance and investments

MANAGING MONEY IN TIMES OF UNCERTAINTY

HIGHLIGHTS FROM THE ARTICLE:

- managing fixed expenses
- setting priorities