## **WORKSHOP**

By Elements Financial | Your Credit Union Partner

# Money on Your Mind

#### In this workshop, you'll learn about:

- > How your emotions can lead to impulsive decisions.
- > Improving your finances can impact your overall wellbeing.
- > Strategies for avoiding financial stress.

#### Join Us

Thursday, March 6
12:00 PM - 12:40 PM | Eastern
Online Webinar

### Register

elements.org/iuhealth





