



# Take small steps toward financial wellness **to improve your well-being**

Your well-being is tied to physical and emotional health. Poor money management can take a toll on both. Financial stress can lead to anxiety, depression, substance abuse, ulcers, insomnia and more. The **Health Advocate Achieving Financial Wellness Workshop** can help keep your wallet healthy and subsequently improve your well-being.

## The primary goals of the Achieving Financial Wellness workshop include:

- Being aware of your financial situation
- Living within your financial means through budgeting
- Managing credit and debt
- Saving money for the future
- Building security in all areas of your personal finance

**...all of which will help you get closer to achieving financial stability!**

## Get started today!

- From the Well-being menu, select "Wellness Programs"
- Scroll to Wellness Workshops and click "Get Started"
- Select "Achieving Financial Wellness" from the workshop library