

APRIL 2025

WELLNESS EVENTS

HELPING YOU TO HELP OTHERS!

Your monthly wellness spotlight newsletter

April is Financial Literacy Month

Available to all Employees Regardless of Insurance Coverage

Tuesday, April 22 at 3:30 p.m. - Financial Wellbeing: Join to learn about financial wellbeing. We will also focus on financial stress and the risks to your health, tips on budgeting and saving, and how to set financial goals to help reduce stress.

Monday, April 28 - Financial Fitness - 5 Focus Areas: Join to learn about financial fitness and its five focus areas. You will also learn how to set financial goals. Register HERE for 8:30 a.m. or Register HERE for 3:45 p.m. ONLY 15 MINS!

Wednesday, April 30 - Budgeting Mindfully: Join to learn how to set a monthly budget, tips on budgeting and saving, and how to set financial goals. Register HERE for 8:30 a.m. or Register HERE for 3:45 p.m. ONLY 15 MINS!

Links You Can Share:

[How to Budget Money in 5 Steps](#)

[Financial Literacy: What It Is, and Why It Is So Important](#)

[Creating a Personal Budget](#)

[Achieving Financial Fitness](#)

“If you take control of your finances today, then you won’t be a victim of them tomorrow.”

Emily G. Stroud

