

WHAT'S UP WITH WELLNESS!

APRIL 2020

S	M	T	W	T	F	S
			1 Nat'l Walking Day Yoga - 6pm ZOOM	2	3 Yoga - 4:30 ZOOM Yoga - 6pm ZOOM	4
5	6 Yoga - 6pm ZOOM	7 Virtual Concert - 5pm ZOOM	8 Virtual Yoga - 6pm ZOOM	9	10 Good Friday - NO CLASS	11 National Pet Day
12	13 Yoga - 6pm ZOOM	14	15 Yoga - 6pm ZOOM	16	17 Yoga - 4:30 ZOOM Yoga - 6pm ZOOM	18
19	20 Yoga - 6pm ZOOM	21 Virtual Concert - 5:30pm ZOOM	22 Yoga - 6pm ZOOM	23 National Picnic Day	24 Yoga - 6pm ZOOM	25
26	27 Cooking w/ Carney! ZOOM Yoga - 6pm ZOOM	28	29 Yoga - 6pm ZOOM	30		

FINANCIAL WELL-BEING

What is it?

Financial well-being - Being cognizant of your personal finances and adhering to a budget that enables you to reach your financial goals

Financial well-being is important because it can affect our mental, physical, and social wellness. If you don't have your finances in order it can cause anxiety, stress, and many other negative feelings. One way to prevent this is by setting a budget and sticking to it. I sometimes struggle with this when I am out shopping and see a cute pair of shoes (anyone else?) You can even increase your financial knowledge by speaking to a professional or doing your research. I challenge you to build yourself a budget, and if you already have one look over it and adjust as needed.

TIPS TO ACHIEVE FINANCIAL WELLNESS

Use a budget

Be aware of how you spend \$

Build your savings

Plan for major purchases

Handle credit with care

Keep Financial records

Save early for retirement