

Wellness Wednesday Workshop

Financial Fitness

5 Focus Areas

Only 15
Minutes !



New Mexico
Public Schools
Insurance Authority

All NMPSIA
Employees
Welcome!

We Will Learn About:

- Creating A Budget
- Importance Of An Emergency Fund
- Strategy For Paying Personal Debt
- Saving For Retirement and After
- Important Documents



*Please
Join Us!*

Date: August 24, 2022

Time: 8:00am OR 12:00pm

Location: Virtual (Teams)

Registration Link: [8:00am](#) or [12:00pm](#)

Join Kathryn Hull, Wellness Coordinator and Certified NWI Financial Wellness Facilitator, as she discusses the 5 pivotal areas one should focus on to create balance with their financial wellness. You will be provided with a budget worksheet, and you will get moving with a 5 minute "Add 5 seconds Balance Class"