

Living Financially Well



The outcomes of this webinar are:

- Consider thoughts which might be preventing your personal financial wellness.
- Evaluate a method for changing those thoughts.
- Create a plan to change those thoughts to improve your financial wellness.

*Please
Join Us!*

Date: August 30, 2022

Time: 3:30pm – 4:15pm

Location: Virtual (Teams)

[Registration Link](#)

*All NMPSIA
Employees
Welcome!*

Join Kathryn Hull, Wellness Coordinator and Certified NWI Financial Wellness Facilitator, as she presents the Foundation for Financial Wellness'/National Wellness Institute's "Living Financially Well" webinar. Kathryn will discuss the thought barriers to financial wellness and the foundation's first essential step: deciding to take a step toward financial wellness by building a budget. You will be provided worksheets and information to further engage in free, no strings attached, 1:1 financial counseling with the Foundation for Financial Wellness.



National
Wellness
Institute



Foundation for
FINANCIAL WELLNESS

