


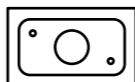
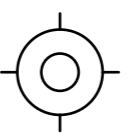
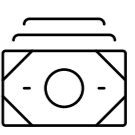
31 Days of Financial Wellness

Bringing you a financial wellness tip every day this month


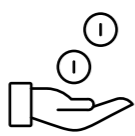


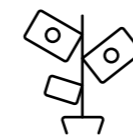

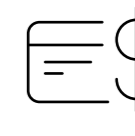


S M T W T F S


WEEK 1: Managing your money

 1	 2	 3	 4
Get down to basics	6 money myths debunked	5 steps to take control	9 ways to help money grow




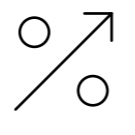
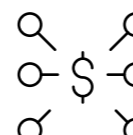


WEEK 2: Saving for the future

 5	 6	 7	 8	 9	 10	 11
Prep for the unexpected	9 types of retirement accounts	Try the 52-week money challenge	How far can 1% go?	3 A's of saving	What's an HSA?	Social Security Q&A


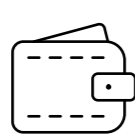
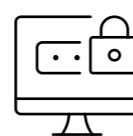



WEEK 3: Tackling debt

 12	 13	 14	 15	 16	 17	 18
Pay down debt or invest?	7 credit card tips	Know where your money goes	2 ways to tackle debt	Student loan strategies	Buy or rent?	Balance money priorities

WEEK 4: Learning to invest

 19	 20	 21	 22	 23	 24	 25
Investing 101	What are money market funds?	Bear vs. bull markets	What's compound interest?	Stock market basics	Target date fund facts	Roth IRAs: What to know

WEEK 5: Taking care of business

 26	 27	 28	 29	 30	 31
Do you need an estate plan?	Tax essentials	How (and why) to stay safe online	Choosing health insurance	Can life insurance help?	Maximize benefits during a job change