


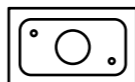
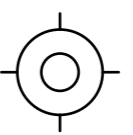

31 Days of Financial Wellness

Bringing you a financial wellness tip every day this month





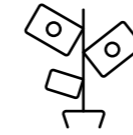

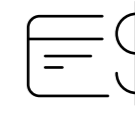


S M T W T F S

WEEK 1: Managing your money

 1 Get down to basics	 2 5 money mistakes	 3 5 steps to take control	 4 Align money goals with values
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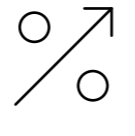
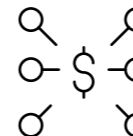
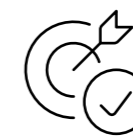
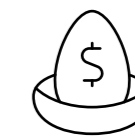
WEEK 2: Saving for the future

 5 Prep for unexpected	 6 Workplace savings explained	 7 1Up savings challenge	 8 How far can 1% go?	 9 3 A's of saving	 10 What's an HSA?	 11 Social Security Q&A
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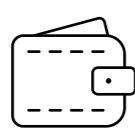

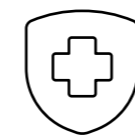
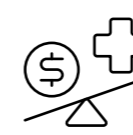

WEEK 3: Tackling debt

 12 Crush credit card debt	 13 7 credit card tips	 14 Credit scores need-to-know	 15 2 ways to tackle debt	 16 Student loan strategies	 17 Buy or rent?	 18 Balance money priorities
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WEEK 4: Learning to invest

 19 Investing 101	 20 Learn investing lingo	 21 6 stock myths	 22 What's compound interest?	 23 Stock market basics	 24 Target date fund facts	 25 Understanding IRAs
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WEEK 5: Taking care of business

 26 Money combo do's and don'ts	 27 Tax essentials	 28 Taxes: DIY or pro?	 29 Choosing health insurance	 30 Can life insurance help?	 31 Save money on travel
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