

# WORKSHOP

By Elements Financial | Your Credit Union Partner

# | Money on Your Mind

## In this workshop, you'll learn about:

- > How your emotions can lead to impulsive decisions.
- > Improving your finances can impact your overall wellbeing.
- > Strategies for avoiding financial stress.

## Join Us

Tuesday, December 5  
11:30 AM - 12:00 PM | Central  
Online Webinar

## Register

[elements.org/franciscan](https://elements.org/franciscan)

