

# FREE LUNCH & LEARN WORKSHOP

By Elements Financial | Your Credit Union Partner

## | All Hands on Debt

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

- > Spending patterns that lead to debt.
- > Rebuilding financial life after debt.
- > Strategies for reducing or paying off debt.

**Lunch will be provided!**

### Join Us

Wednesday, January 22  
12:00 PM - 1:00 PM | Eastern  
Training Room

### Register

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



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