

# FREE LUNCH & LEARN 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.

**We will do a raffle for a \$20 gift card for those who attend! Lunch will be provided as well.**

## Join Us

Tuesday, January 9  
12:00 PM - 1:00 PM | Eastern  
West Campus - Operations Conference Room

## Register

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

