

# 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.

**Lunch will be provided!**

### Join Us

Thursday, January 29  
12:00 PM - 1:00 PM | Eastern  
IU Health Fishers  
Community Room B



### Register

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



Indiana University Health