

## 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

**Wednesday, February 18**

**12:00 PM - 1:00 PM | Eastern**

**IU Health Riley Outpatient Center**

Ruth Lilly Conference Room B



### Register

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



Indiana University Health