

# 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.

**Breakfast will be provided!**

### Join Us

Thursday, October 26  
9:30 AM - 10:30 AM | Eastern  
Multi-Purpose Room

### Register

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

