

# FREE LUNCH & LEARN WORKSHOP

By Elements Wealth Management

## | Surviving Market Swings

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

- > Strategies for combating stress when the market drops.
- > Ways to attempt to prepare for financial storms.
- > Things to watch for in an ever-changing market.

### Join Us

Thursday, September 23  
11:30 AM - 12:30 PM | Eastern  
Conference Room



### Register

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



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