

# 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 provided!**

### Join Us

Thursday, January 12  
12:00 PM - 1:00 PM | Eastern

### Register

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

