

# 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.

## Join Us

**Tuesday, December 5**

**11:30 AM - 12:30 PM | Eastern**

**Online Webinar**



## Register

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

