

# 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 for in person attendees!**

## Join Us

Thursday, May 15  
12:00 PM - 1:00 PM | Eastern  
Online Webinar or  
Form Shop Class Room



## Register

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

