


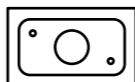
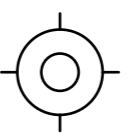
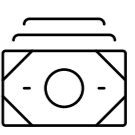
31 Days of Financial Wellness

Bringing you a financial wellness tip every day this month


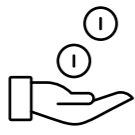


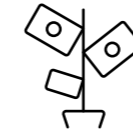

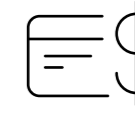


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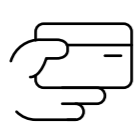




WEEK 1: Managing your money

 1 Get down to basics	 2 6 money myths debunked	 3 5 steps to take control	 4 9 ways to help money grow
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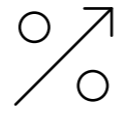
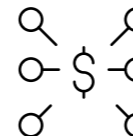
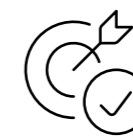
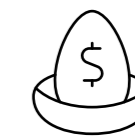
WEEK 2: Saving for the future

 5 Prep for the unexpected	 6 9 types of retirement accounts	 7 Try the 52-week money challenge	 8 How far can 1% go?	 9 3 A's of saving	 10 What's an HSA?	 11 Social Security Q&A
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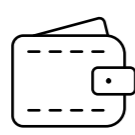

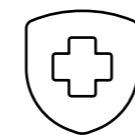
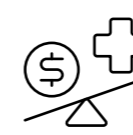
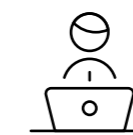
WEEK 3: Tackling debt

 12 Pay down debt or invest?	 13 7 credit card tips	 14 Know where your money goes	 15 2 ways to tackle debt	 16 Student loan strategies	 17 Buy or rent?	 18 Balance money priorities
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WEEK 4: Learning to invest

 19 Investing 101	 20 What are money market funds?	 21 Bear vs. bull markets	 22 What's compound interest?	 23 Stock market basics	 24 Target date fund facts	 25 Roth IRAs: What to know
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WEEK 5: Taking care of business

 26 Do you need an estate plan?	 27 Tax essentials	 28 How (and why) to stay safe online	 29 Choosing health insurance	 30 Can life insurance help?	 31 Maximize benefits during a job change
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