



VIRTUAL FINANCIAL EDUCATION WORKSHOP

Mindfulness & Money

Hosted by Gina Richardson, Senior Financial Education Specialist

Webinar provided by
SAFE Credit Union

Achieving money mindfulness allows you to better manage your money and improve your overall financial behaviors. Gain a new perspective on your finances.

HOSTED BY METRO EDGE
MAY 29, 2020
12:00 PM - 1:00 PM PST

Topics include:

- How money relates to mindfulness
- Being mindful of your current money situation
- Mindfulness and its connection to budgeting
- Decreasing mindless spending



**Workplace
Financial
Wellness**

(800) SEE-SAFE
safecu.org

Insured by NCUA

