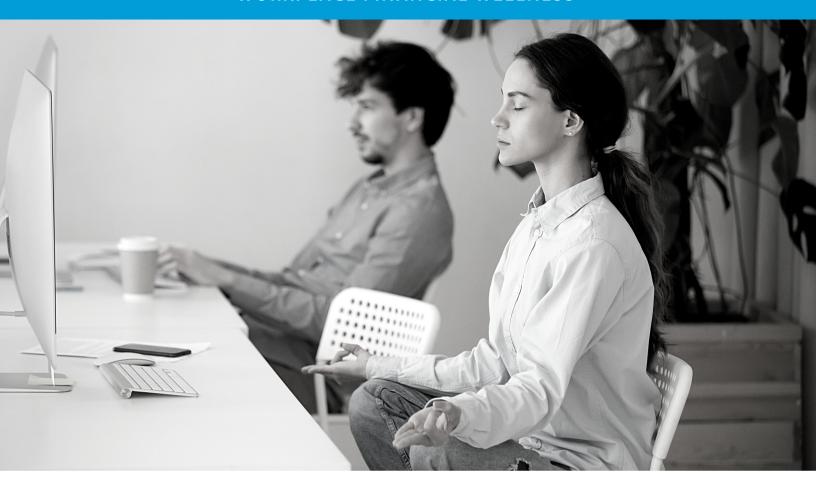
WORKPLACE FINANCIAL WELLNESS



VIRTUAL FINANCIAL EDUCATION WORKSHOP

Mindfulness & Money

Hosted by Gina Richardson, Senior Financial Education Specialist

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

Topics include:

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

Webinar provided by SAFE Credit Union

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

