

# PRE-RECORDED 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

Wednesday, March 26

Available to view 5:00 AM - 10:00 PM |

Eastern

Online Webinar

## Register

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



Indiana University Health