

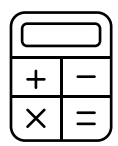

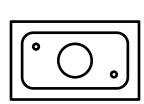
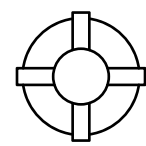


# 31 Days of Financial Wellness

Bringing you a financial wellness tip every day this month

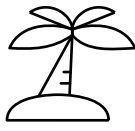
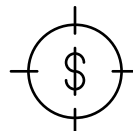
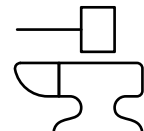
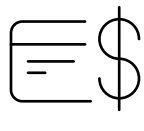
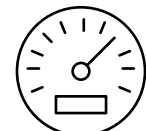

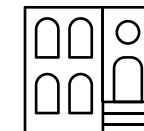


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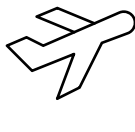

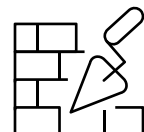


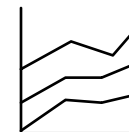

## WEEK 1: Covering the basics

 1 <a href="#">Money basics</a>	 2 <a href="#">Save + spend tips</a>	 3 <a href="#">Follow your dollar</a>	 4 <a href="#">Prep for the unexpected</a>	 5 <a href="#">Sidestep money mistakes</a>	 6 <a href="#">Save on groceries</a>
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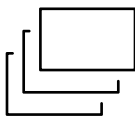
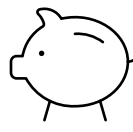
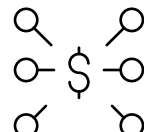


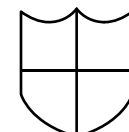
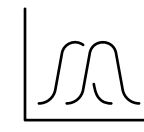
## WEEK 2: Helpful ways to manage debt

 7 <a href="#">Budget in retirement</a>	 8 <a href="#">Taking control</a>	 9 <a href="#">Pay down debt</a>	 10 <a href="#">Credit card tips</a>	 11 <a href="#">Improve your score</a>	 12 <a href="#">Student debt must-knows</a>	 13 <a href="#">Rent vs. buy?</a>
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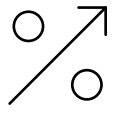

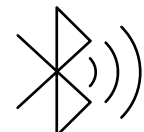

## WEEK 3: Investing basics that can add up

 14 <a href="#">Save on travel</a>	 15 <a href="#">Investing basics</a>	 16 <a href="#">Build a strong foundation</a>	 17 <a href="#">How to pick investments</a>	 18 <a href="#">Grow your money</a>	 19 <a href="#">What is the stock market?</a>	 20 <a href="#">Bull vs. bear</a>
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## WEEK 4: Making the most of your money

 21 <a href="#">Balance priorities</a>	 22 <a href="#">Saving for the future you</a>	 23 <a href="#">Benefits of consolidation</a>	 24 <a href="#">Understand HSAs</a>	 25 <a href="#">Discover 529s</a>	 26 <a href="#">Social Security considerations</a>	 27 <a href="#">Market ups and downs</a>
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## WEEK 5: Keep making progress

 28 <a href="#">Cope with high prices</a>	 29 <a href="#">Protect yourself</a>	 30 <a href="#">Stay connected</a>	 31 <a href="#">Keep learning</a>
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Investing involves risk, including risk of loss.

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