


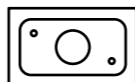
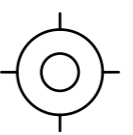

# 31 Days of Financial Wellness

Bringing you a financial wellness tip every day this month





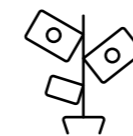

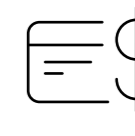


S M T W T F S



## WEEK 1: Managing your money

 1 <a href="#">Get down to basics</a>	 2 <a href="#">5 money mistakes</a>	 3 <a href="#">5 steps to take control</a>	 4 <a href="#">Align money goals with values</a>
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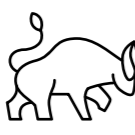

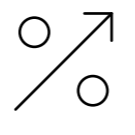
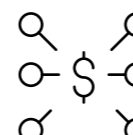


## WEEK 2: Saving for the future

 5 <a href="#">Prep for unexpected</a>	 6 <a href="#">Workplace savings explained</a>	 7 <a href="#">1Up savings challenge</a>	 8 <a href="#">How far can 1% go?</a>	 9 <a href="#">3 A's of saving</a>	 10 <a href="#">What's an HSA?</a>	 11 <a href="#">Social Security Q&amp;A</a>
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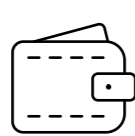


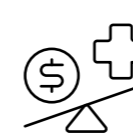
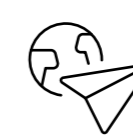
## WEEK 3: Tackling debt

 12 <a href="#">Crush credit card debt</a>	 13 <a href="#">7 credit card tips</a>	 14 <a href="#">Credit scores need-to-know</a>	 15 <a href="#">2 ways to tackle debt</a>	 16 <a href="#">Student loan strategies</a>	 17 <a href="#">Buy or rent?</a>	 18 <a href="#">Balance money priorities</a>
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## WEEK 4: Learning to invest

 19 <a href="#">Investing 101</a>	 20 <a href="#">Learn investing lingo</a>	 21 <a href="#">6 stock myths</a>	 22 <a href="#">What's compound interest?</a>	 23 <a href="#">Stock market basics</a>	 24 <a href="#">Target date fund facts</a>	 25 <a href="#">Understanding IRAs</a>
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## WEEK 5: Taking care of business

 26 <a href="#">Money combo do's and don'ts</a>	 27 <a href="#">Tax essentials</a>	 28 <a href="#">Taxes: DIY or pro?</a>	 29 <a href="#">Choosing health insurance</a>	 30 <a href="#">Can life insurance help?</a>	 31 <a href="#">Save money on travel</a>
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