



Financial Wellness



For some of us, managing finances is an overwhelming task. Studies show financial stress has a direct impact on our mental and physical health. To help members address these challenges we are offering a free and easy-to-use online financial planning tool, so you can take control of your financial situation.

Our goal towards building healthy futures begins with the physical, emotional, mental, and financial health of our members. That's why we've introduced a secure and confidential digital tool, accessible 24 hours a day, 7 days a week, dedicated to financial health.

LiUNAcare Financial Wellness provides you with resources on a range of topics designed to educate and build financial confidence. The website includes articles, bulletins, videos, and a variety of tools to help you navigate through current events and life changes.

- Learn how to reduce debt and build good credit
- Improve your money management skills
- Create a budget that suits you
- Expand your knowledge of investing
- Develop a financial plan for retirement goals
- Address life events such as saving for a home or your child's education

And so much more!

Conveniently accessible from any computer, tablet or smartphone, you will find a multitude of resources covering all areas of finance.

- Debt and Credit
- Financial Planning
- Investing
- Money Management and Budgeting
- Risk Management
- Real Estate
- Retirement
- Taxation
- Estates

Start your journey towards better financial health today!

financialresources.liunacare.ca

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