



# 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](https://financialresources.liunacare.ca)**

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