



Financial Wellness 101



Take control of your financial knowledge through a series of workshops designed to help you manage your money!

Date	Topic	Registration
January 21st, 1pm	Making the Most of Your Benefits	Link
February 27th, 11am	Healthy and Sustainable Meal Planning	Link
March 4th, 12pm	Using Your EAP to Understand Money	Link
April 15th, 11am	Using HARVIE to Explore Your Lesser Known Benefits	Link
May 6th, 12pm	Improving Your Money Habits	Link
June 11th, 11am	Take Control of Your Financial life: 5 Steps to Managing Money and Debt	Link
July 8th, 1pm	Getting Out of Debt	Link
August 13th, 11am	Invest for Success	Link

Questions? Email them to: hlctraining@hsph.harvard.edu



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