

# MENTAL AND FINANCIAL WELLNESS

## Mental Wellness

One area of our health and wellness that tends to be overlooked is mental health. When trying to improve our health and wellness overall, we must keep in mind that these efforts apply to our minds as well. Mental wellness may seem like a complex concept, especially when considering the relationship between our bodies and our minds. In actuality, it is quite simple! We need to look out for our bodies and our minds equally, and there are plenty of ways to ensure that we are doing so.

## Financial Wellness

When it comes to financial wellness, the term itself is not a cliché. It's an important concept that a lot of Americans ignore. Financial wellness, put simply, is the ability to have a healthy financial life. It means your debts are payable and you have ample emergency, college and retirement funds. In this course you will learn how to be prepared financially and during a financial crisis.

**March 25th, 2021**

**8 AM - 10 AM**

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