

April 2019

FISCAL FITNESS



Since 2003, April has been observed as National Financial Literacy Month. It is recognized in an effort to highlight the importance of financial literacy and teach us how to establish and maintain healthy financial habits. Use the tips and tricks in this month's newsletter to help you be more financially fit this Spring and beyond.



[Why Financial Wellness Matters](#)

The impact of financial stress goes far beyond the bank. This article shows the links between your financial, physical and mental health.

[Spring Clean Your Financial Files](#)

This year, while you are cleaning the garage, shampooing the carpet, and organizing the closets, do a little spring cleaning in another area of your life—your money. Regardless of where you are on your financial journey, you've got to stay organized to win with money.



[This Month's Challenge: Financial Wellness](#)

This month's challenge is focused on understanding your financial well-being and setting small manageable goals to move you forward.



[MAKE A PLEDGE](#)

Dive in head first by giving these 30 steps to financial wellness a try!



[QUOTE WORTHY](#)

"Don't tell me where your priorities are. Show me where you spend your money and I'll tell you what they are."

James W. Frick

Looking for more quotes like this to get you motivated to tackle your financials? Give these a read!



[BABY STEPS MATTER](#)

How can you take control of your money? One step at a time! Millions of people have left their money worries behind by working Dave Ramsey's' Baby Steps approach. Take a look and learn more.

For more health and well-being information, contact your Wellness Champion at your location.

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