



Wellness

Start Where You Are. Build Where You Want to Be



Imagine a future where your finances feel more manageable. With just a few practical steps, you can start understanding and managing your money better. Whether it's tracking expenses, planning savings, or handling debt, small efforts can lead to more financial clarity and confidence. If you're ready to learn more about managing your finances, explore the **Figuring Out Your Finances** program which features classes like:



Managing debt
5 mins | ★ 4.3



Setting up a budget
5 mins | ★ 4.5



Stress: why it can turn our lives upside down
4 mins | ★ 4.6

Led by experts, this program offers tips to help you start where you are and take control of your financial future.

Ready to start your financial wellness journey?

In your Wellbeats *Wellness* account, go to Programs to join the **Figuring Out Your Finances** program today.



Download the app on the App Store or Google Play

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