

## Financial wellness educational workshops now available ondemand

If you are concerned about money, you are not alone. Nationwide, employees report that financial stress is their top concern – well above concerns about physical health, relationships or work<sup>1</sup>. Having a good grasp on your personal finances and retirement preparation may offer you a sense of security and help set you up for a secure future.

Houston ISD has connected with Securian Financial to offer on-demand seminars, paired with a convenient downloadable workbook, which will allow you to learn and explore various financial wellness topics at a time that works for you.

Current topics include:

**Personal Finance** (designed for all ages): Learn personal finance strategies to help overcome barriers, reduce debt and take action on savings goals

**Retirement Saving** (designed for all ages): Learn steps to help you save for your retirement -- from your 20s into your 60s -- and stay on track

**Retirement Income** (designed for employees nearing retirement): Learn strategies to help you fund your retirement from multiple income sources and how to track successfully toward retirement

**Social Security & Medicare** (designed for employees nearing retirement): Learn about this important income source and essential information about Medicare to help you plan for health care needs in retirement

**College Education Strategies** (designed for all ages): Discover fundamental strategies to help you financially prepare for higher education.

Invest in your financial future – watch the seminars and download the accompanying workbooks today.

Access: Visit www.Securian.com/AC-ondemand to access the courses

## Get more information with a one-on-one conversation

To learn more about how this information applies to your personal situation after watching the seminars, sign up for a complimentary no-obligation 30-minute private conversation with a financial professional.

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