



Healthy Wallet, Wealthy Mind

Balancing Emotional & Financial Health

*Would you like to feel more confident
about managing your money?*

*Does thinking about money make you
feel stressed and worried?*

Well this group is for you!

Group Starting Dates:

- September 18 from 10 am – 12 pm
- September 23 from 1:30 pm – 3:30 pm
- November 4 from 1:30 pm - 3:30 pm
- November 6 from 10 am – 12 pm

**For more information or to register, email
Krista at kdobson@carizon.ca or call
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