



# 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?*

*This group is for you!*

Wednesdays 1:00pm – 3:00pm

January 26

February 2, 9, 16, 23

March 2

**For questions and registration,  
please contact**

**[financialwellness@carizon.ca](mailto:financialwellness@carizon.ca) or  
519-743-4453 x 2383**

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 519-743-6333

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