



# Balancing your financial and emotional wellbeing



Join the live webinar on March 13, 2024 at 1:00 p.m. CT. Learn how to handle money challenges like inflation, household expenses and debt. Scan the QR code to [register now](#).

In this webinar, you will learn how to:

- Describe challenges like inflation, household expenses, debt and fluctuating income
- Understand the importance of both financial and emotional wellbeing
- Identify support resources, including the help of a professional

**Visit your member website for more information.**