

WELLNESS WORKSHOP

MONEY RESOLUTIONS

January 18th, 2023

Hidden Brain Podcast: Money 2.0: Why We Bust Our Budgets with Dr. Abigail Sussman	https://hidden-brain.simplecast.com/episodes/money-20-why-we-bust-our-budgets-HgL5Owl9
What is Financial Burnout and What Can You Do To Alleviate It? (Dr. Emily Koochel, eMoney Advisor)	https://www.nasdaq.com/articles/what-is-financial-burnout-and-what-can-you-do-to-alleviate-it
Helping Debtors, Become Savors	www.powerpay.org
How to Create a Budget – and Stick to It – This Month	https://www.gobankingrates.com/saving-money/budgeting/how-to-create-budget-stick-to-it/
FPG Office Hours Request Form	https://emoneyadvisor.co1.qualtrics.com/jfe/form/SV_2iAV6W0TXfOkKyO
Wellness Workshop Survey	https://emoneyadvisor.co1.qualtrics.com/jfe/form/SV_3BQdRPf9K0tL0k6