



## **FREE Financial Wellness Book Study Begins Thursday, January 18th.**

**[Click to Register](#) by January 11th to guarantee your free book.**



In this independent book study, we'll tackle one chapter of the award-winning book, *Financial Wellness @ Work* each week for 10 weeks. You'll receive weekly emails with links to other resources, tips and templates, etc.

Good financial management doesn't happen by accident. It takes head knowledge, heartfelt commitment, and backbone in order to run successfully through the financial gauntlet which comprises day-to-day life. In this book, author Jeff Rubleski provides readers with time-tested concepts on how to build financial wellness into their everyday lives.

Specifically, *Financial Wellness @ Work* gives actionable ideas on how to start and sustain a financial wellness program to reduce debt, manage cash flow, build savings, grow investments and expand net worth. So, no matter which stage in life's journey you're in, this book is an important (translated essential) tool you won't want to miss out on!

### **Here's what's inside:**

- \$ Chapter 1: Taking Stock Of Your Finances
- \$ Chapter 2: Time-Tested Rules For Building Financial Wellness
- \$ Chapter 3: Managing Your Personal Debt
- \$ Chapter 4: How To Attack, Manage And Eliminate Debt
- \$ Chapter 5: Saving And Investing For The Future
- \$ Chapter 6: Using Workplace Benefits To Build Financial Wellness
- \$ Chapter 7: Planning For Major Personal Investments
- \$ Chapter 8: Protecting Your Assets With Insurance
- \$ Chapter 9: Selecting Trusted Advisors
- \$ Chapter 10: Choosing Your Path To Financial Wellness

You will receive budget forms, trackers, and other tools by email each week of the study.

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Questions? Email Michelle Kruse [mkruse@center.k12.mo.us](mailto:mkruse@center.k12.mo.us)

To register, visit: <http://www.58fitness.com/financial-wellness.php>