

Managing Financial Stress

As the year comes to a close, spending in most households heads up - on holiday gifts, entertainment and, depending on where you live, on already-high energy costs.

It's easy to lose control. So make a plan now to minimize debt while putting money where it absolutely needs to go.

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Monthly Webinar Series

Money is Emotional: Prevent Your Heart from Hijacking Your Wallet

Presented by: Christine Luken

This webinar pulls back the curtain on why we do what we do with our money. Christine Luken's "Mindful Money Management" approach to personal finance is unique in that it harnesses the power of positive thought and emotions - and short circuits the negative ones. Participants will learn how to navigate emotional money situations with purpose and confidence, so you can ensure that your heart won't hijack your wallet.

[Log-in](#) any time this month to watch the webinar and ask the expert questions!