**Financial Wellness Social Media Posts**

1. If you have money goals, you won't want to miss the [August webinar series](https://ers.texas.gov/Event-Calendars/Wellness-Events). Each week brings you a new topic -- from “Budgeting Basics” and “Credit 101” to “Ask a Financial Expert about Money Management” and “Funding your Future.”



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<https://pixabay.com/photos/money-coin-investment-business-2724241/>

1. Take a free financial health assessment and find resources to help you crush your money goals through Securian. Visit [www.LifeBenefits.com/LFG](http://www.LifeBenefits.com/LFG)(user name: lfg, password: resources)



1. Learn the basics of creating and managing a budget with the Budget Girl. Sarah is a young woman living right here in Texas who managed to pay down $33K in debt by age 29. <https://www.youtube.com/watch?v=wyl063poExg>
2. Money makes more cents with these 8 financial tips! <https://www.facebook.com/FirstMediaBlossom/videos/161172505297488/>
3. 40% of Americans would have difficulty covering an unexpected $400 expense. Don’t be one of them! Get inspired to create an emergency fund with this short video from @TheFinancialDiet <https://www.youtube.com/watch?v=L3EwcjzHiqY>