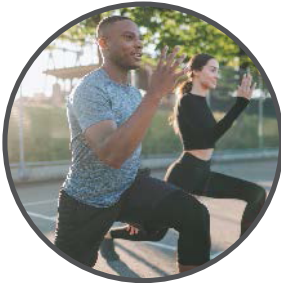




AUGUST: FINANCIAL HEALTH 2023



August 8
Fitness Connect Community:
Low-cost Fitness Strategies

10-10:15 a.m. CT
[Registration Link](#)



August 16
Journey to Wellness
HealthSelect Benefits
Overview

10-10:45 a.m. CT
[Registration Link](#)



August 17
Baby Steps to Financial
Freedom with Nick Daugherty

10-11 a.m. CT
[Registration Link](#)



August 22
Nutrition Connect
Community Affordable
Nutrition Strategies

10-10:15 a.m. CT
[Registration Link](#)



August 24
Building Healthy Financial
Habits with Patricia Hord

10-11 a.m. CT
[Registration Link](#)



More Health, More Wealth!
4-Week Text & Email
Campaign
Starts September 18th!

[Registration Link](#)