

Financial Wellness



Money can be a cause of stress for many people, regardless of age. It doesn't matter if you are just starting out in your career or close to retirement, financial stress can have a direct impact on your physical and mental well-being.

Did you know that:

48%

of Canadians say they lose sleep because of financial worries

46%

of Canadians aged 35-44 found it difficult to meet their financial needs in the previous 12 months

44%

say it would be difficult to meet their financial obligations if their pay is late

Being able to manage your money in ways that provide you with security and confidence is key to supporting your health and well-being.

Financial Literacy month

November is Financial Literacy month and USask is hosting a number of events to help you with your finances and become more comfortable talking about money.

🕒	November 6	1-2 pm	Exploring behavioural finance
🕒	November 7	12-1 pm	Your health and your wealth
🕒	November 8	1-4 pm	Financial wellness workshop
🕒	November 13	2-3 pm	Reviewing your financial roadmap
🕒	November 17	9-10 am	Young families: Managing your finances
🕒	November 21	12-1 pm	Understanding credit and debt
🕒	November 28	3-4 pm	Where there is a will, there is a way



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