



FINANCIAL WELLNESS: Navigating Stress, Budgeting, and Healthy Habits

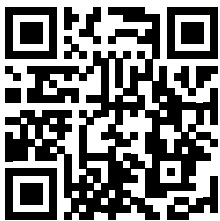
Participants will learn how to deal with financial stress, discuss finances with your significant other, budgeting ideas/tips and how to pay off debt. We will also be addressing spending triggers and healthy money habits.

This workshop is available at **no cost**.

To register, click [HERE](#).

July 15th
12:00 p.m. - 1:00 p.m. MT

Event Location:
Online!



Presented By: Justin Olsen, LCMHC

is a therapist at Blomquist Hale who has done many presentations throughout his career. Justin focuses on educating, supporting and empowering all participants in this course. His goal is to help participants take control of their life and how they feel.