

# 2024 Wellness Webinar Series



**Wednesday**  
**August 21**  
**Noon - 1:00 p.m.**

## Mastering Your Money: Budgeting Tips and Tricks

Join our comprehensive webinar for essential financial wisdom. Learn how to understand what a budget is and why you need one, how to use credit and manage debt, recognize investments, and prepare for retirement. Let's transform our financial future together!

*Presenter: Mikaila Zapata, Program Manager Health & Wellness*



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Our wellness webinars provide guidance in enhancing your well-being and support your successful journey to better health.