

Health and Wellness presents



Financial Wellness Wellbeing Workshop



Financial Wellness is often framed as a function of income, yet research and lived experience show that daily habits, access to information, and intentional decision-making play a far greater role in long-term stability and wellbeing. This interactive workshop reframes financial literacy as a practical, learnable skill that supports both physical health and quality of life. Participants will explore realistic strategies for reducing everyday expenses and building sustainable savings habits regardless of income level.

Friday, 10/9 at 12-1PM

[Join the meeting here](#)

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information and to RSVP



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