

# BOOST YOUR FINANCIAL FITNESS

## AUGUST PROGRAMS



### AUGUST 11

#### Paint and Relax

Tap into your artistic side! Sit in on our virtual beginner's paint session to create the "Waterfall of Abundance" that will invite wealth and prosperity into your home.

[REGISTER](#)



### WELLNESS COMMUNITY

#### Unlock Your Inner Champion!

Calling all wellness enthusiasts! We want you to join our Champion program, where you can help change the culture of wellness at your worksite by promoting and sharing wellness information with your co-workers. Find your community, become a Champion, and register today!

[LEARN MORE](#)



### WELLNESS SNACKS PODCAST

#### Student Loans are Back! Now What?

Our special guest Ben Kuhn, a policy analyst at the Office of Financial Empowerment, is here to help you successfully navigate and apply for the Public Service Loan Forgiveness (PSLF) application. Listen now for insider tips and tricks on our newest podcast.

[LISTEN NOW](#)



### WELLNESS SNACKS BLOG

#### Financial Fitness

Give your financial fitness a new routine by reading our newest blog by WorkWell NYC's Program Coordinator, Anna Tan. Learn great ways to save money, create budgets, and explore student loan forgiveness options!

[READ MORE](#)

## More ways to work on your financial fitness this August!

- 1** Make an appointment with an NYC Financial Empowerment Center for free financial counseling.
- 2** Begin to visualize and prepare for your retirement with our helpful planning sheet!
- 3** Get help preparing a financial plan that works best for you with NYCDPC.



[NYC.GOV/WORKWELLYNYC](https://www.nyc.gov/workwellnyc)

