



# LIVE WELL

**Your journey to financial wellness begins with you.  
Improve your well-being with our Financial Wellness Webinars.**

## 2023 UT Quarterly Financial Wellness Education

### What does it mean to live financially well?

Financial wellness is about achieving a state of well-being where you live within your means, feel confident in your future and are prepared for the unexpected. Attend any or all of our 30-minute financial wellness webinars to help you build a more secure tomorrow by creating good habits for life.

New Sessions	What's It About?	Date	Time
<b>5 things to do now to plan for your financial wellness</b>  <a href="#">Register here</a>	In this webinar, learn what you can do right now to help get organized and gain control over your money. With everything going on in the world, it's important to approach life from a whole wellness perspective, and that includes your finances.	March 14	11:00 a.m.
<b>Is market volatility wreaking havoc on your plans?</b>  <a href="#">Register here</a>	In this webinar, learn about investments to help understand how to review them and their performance. With the recent volatility in the market, it's a good time to see how your investments are performing and consider if you need to take any action in your account now.	June 13	12:00 p.m.
<b>Where did my money go?</b>  <a href="#">Register here</a>	In this webinar, learn about healthy spending and saving habits and how they are a significant part of improving your overall financial wellness. Let's talk about how to establish good money habits so that you can live well today and save for tomorrow.	September 12	1:00 p.m.
<b>10 steps to take as you approach retirement</b>  <a href="#">Register here</a>	Retirement is expensive. In this webinar, you'll learn about the steps you can take in the final years of your journey to retirement. We'll help you with a roadmap to get started, check your progress, and take actions to help improve your situation.	December 12	12:00 p.m.

**Pro Tip:** Stay after any financial wellness presentation for a 20 minute overview of the UT Retirement Programs.

### Do you have financial questions or are you ready to get started now?

Schedule a 1-on-1 appointment today by visiting [utsaverappt.timetap.com](https://utsaverappt.timetap.com).

