



How to Save Money

You probably already know it's a good idea to save money. In hard economic times, you need to have savings to fall back on in case you lose your job. It's also important to save money for retirement. You may also want money for travel or need it for unexpected medical expenses.

With tight budgets and rising prices, it may seem harder than ever to save money. Start by setting your goals. These should include...

[Read more...](#)

This Month's Webinar

Saving Strategies

Many people do not have a healthy level of savings, despite knowing the importance of having money set aside for emergencies, purchases, college, and retirement. In this financial wellness workshop, you will learn how to utilize emotionally charged saving techniques that will motivate you to set and keep your savings goals. We will discuss how spending and saving are two sides of the same coin, the reasons to save, why willpower is overrated, the power of "mindless saving", and more! You will leave the class with valuable tools and techniques to start improving their financial health immediately.

[Log-in](#) any time this month to watch the webinar!