



# LIVE WELL

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

## 2022 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. Learn more about financial wellness to help you build a more secure tomorrow by creating good habits for life.

### Financial Wellness Webinars

New Sessions	What's It About?	Date	Time
<b>Attain Financial Wellness</b>  <a href="#">Register here</a>	Financial Wellness is not necessarily about being wealthy, but it is a state of mental well-being in which one feels they have control over their current finances and have confidence in their financial decisions. Attend the financial wellness seminar to take the first step towards a more secure financial future. By attending you will – understand the principles of financial wellness, identify your own personal priorities, learn how to access resources to support your progress, and gain insights on key retirement planning questions.	March 30	12:00 p.m.
<b>Improve Your Income &amp; Tax Strategy Now and Later</b>  <a href="#">Register here</a>	Should you be saving Pre-Tax or ROTH? Since your employer offers both types of plans, should you participate in one or both? Learn the benefits and features of each plan to help you impact your tax and income planning now and later.	April 27	1:00 p.m.
<b>Mid-year Financial Check-in</b>  <a href="#">Register here</a>	Let's check in on the financial intentions you set at the beginning of the year and take the right steps to stay on track and reach your goals. Learn what you can do now to impact your financial plans.	June 15	11:00 a.m.
<b>Year-end Financial Tips</b>  <a href="#">Register here</a>	As the end of year comes near, it's important to review your finances and have a plan to optimize your saving and spending. Finish the year strong with these final tips and steps towards financial wellness, even through the holidays.	October 12	1:00 p.m.

**HAVE FINANCIAL QUESTIONS OR READY TO GET STARTED NOW?**  
Schedule a 1-on-1 appointment today by visiting [utsaver.timetap.com](https://utsaver.timetap.com)

