

# Financial Wellness Webinars

At American Heritage, we offer the resources to help you ensure that your physical and financial health are in order.

Financial Wellness is at the heart of what we do as a Credit union. Our financial wellness seminars provide the tools needed to create financial balance, financial resiliency, relief from financial stress, and revolutionize financial lives all from the comfort of your computer screen.



## **First Time Homebuyers Mortgage Webinar • August 4**

Make buying a home a breeze by becoming a mortgage master. Understand the fees, costs, and terminology included in the homebuying process.

## **Health is Wealth Part 3: Decrease Your Cancer Risk, Naturally • August 6**

In this discussion we will review the impact of coronavirus on your personal health management. Learn ways to reduce risk of cancer and lead a healthier lifestyle.

## **Options for Managing College Debt Webinar • August 13**

Tips for people planning to take out student loans and for those who already have them. Understand loan types, interest rates, smart borrowing, and repayment.

## **Health is Wealth Part 4: Five Things You Can Do to Get Better Sleep • August 18**

Sleep is an essential part of your overall wellness. In this session, we will review types of sleep disturbances and ways to combat them to achieve better rest.

## **Road to Retirement Webinar • August 20**

Planning for your retirement means developing a road map for your retirement journey. We can help you find a solution to meet your goals and manage your income.

## **Job Interviewing Tips Webinar • August 27**

We will cover the basics of preparing a professional resume, best practices for searching for a job, the Dos and Don'ts of interviewing and more!

**All Webinars Start at 12 pm • Register at [AmericanHeritageCU.org/events](https://AmericanHeritageCU.org/events)**



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