

# Your financial wellbeing webinars

Stressed or anxious about your finances?  
Worried about the cost of living?  
Wondering how you can plan financially to  
best support your future?

Join Arden & Gem for our series  
of webinars, offering practical  
information and guidance to  
support your financial  
wellbeing.

SCAN  
ME   
To book now!



## Your Financial Wellbeing

Understand your income, expenditure and how you can take control of your finances. Find out more about your money & mental health and what allowances & support is available.

# 28

September 2023  
11am - 12pm



## Menopause and Money

Understand your relationship with money, life events and emotions. Learn more about brain fog, behavioural finance, vulnerability & characteristics.

# 19

October 2023  
11am - 12pm



## Staff Benefits, Financial Mental Health and Wellbeing

Find out more about salary sacrifice, your pension, staff benefits, money & debt management, savings & investments and what support is available to you.

# 23

November 2023  
11am - 12pm



## Debt Management

Understand your relationship with money. Learn about financial preparation and how to balance your financial lifestyle and take financial control.

# 25

January 2024  
11am - 12pm



## NHS Pensions

Learn about the State Pension, NHS schemes and what to do if you have other pensions. Discover when and how much money you need to retire and the pro's and cons of retire & rejoin.

# 14

March 2024  
11am - 12pm



## Non-NHS Pensions

Join us for an overview of the State Pension and types of personal pensions. Find out when you can retire, how much money you need and learn about legacy planning & protecting your assets.

# 25

April 2024  
11am - 12pm