

Financial wellness



PUBLICATION DATE: Thursday, October 20
GET INVOLVED BY: Tuesday, September 13
PRINT/DIGITAL AD MATERIAL DUE: Thursday, October 13
INVESTMENT: SPECIAL NATIONAL FEATURE/CONTRACT RATES APPLY

Continuous uncertainty and upheaval can add to the stress level of Canadians, impacting their daily lives and current and future spending power. This special feature will explore strategies for achieving financial wellness and resilience with expert advice on how to navigate tough times.

- Proposed topic highlights:**
- ADVOCACY & EDUCATION** – Where to find reliable resources and support.
 - LIFE-STAGES** – From financing education to supporting a family to retirement, expert advice on how to plan for life's milestones.
 - PLANNING** – Financial advisors weighing in on personal goals and strategies.
 - TECHNOLOGY** – Programs, apps and other helpful tools.
 - GUARD AGAINST FRAUD** – Tips for boosting financial security and avoiding scams.

Sponsor content is available. Speak to your account manager for more information.

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RICHARD DEACON, Project Manager T: 1.604.631.6636
E: rdeacon@globeandmail.com

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