

2023 NATIONAL INTEGRATED SPECIAL REPORT – DIGITAL AND NEWSPAPER

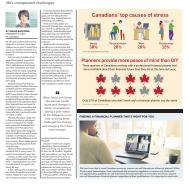
Financial wellness

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How simple financial planning can lead to lifelong financial well-being Puting together a financial plan with the help of a truted professional can position you to wi



For many Canadians, financial uncertainty and upheaval can add up to stress levels that impact their daily lives. This special feature, strategically timed during Financial Literacy Month, will shine a light on the importance of financial wellness, providing strategies from experts on how Canadians can achieve financial resilience.

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 – Useful tools from programs to apps to help Canadians stay on track.

GUARD AGAINST FRAUD –Tips for boosting financial security and avoiding scams.

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