Common Cents

PROTECT YOUR WEALTH FOR A LIFETIME

health matters

EDUCATE ENGAGE EMPOWER

CREATING A CULTURE OF WELLNESS

A great way to improve and maintain important health behaviors is to record your experiences as you engage in various activities or programs designed to promote health and prevent disease.

Common Cents - February 2010
Program Guidelines

- Record daily expenses and find new ways to save. Build a six-month emergency fund.
- Read ***The 10 Steps To Financial Wellness*** during February - only 135 pages.

How did I do? What was most difficult? What small improvements have I made in my health behaviors? Why does my health and finances matter to me? Write whatever helps you to help yourself improve, change, and grow. This is for your personal record and benefit only. Do not submit.

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