



## **Financial Wellness**

### **Event Topic**

[Gambling](#)

### **Date / Time**

Wed, Mar 24, 2021  
10:30am - 12:00pm

### **Location**

Virtual

This session will provide an overview about financial literacy efforts in Iowa, and how including financial literacy can improve overall wellness.

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### **Objectives:**

- Why should everyone be financial literate?
- How does financial literacy translate to financial wellness?
- What is financial wellness?
- Learn how to use a free, sales-free state website to educate yourselves and others on financial matters ranging from how to set up a budgeting to retirement.

### **Presenter:**

Sonya Sellmeyer (Consumer Advocate, Iowa Insurance Division)

[Register](#)

### **Attachments**

[PG Webinar Series March 2021.pdf](#)(295.03 KB)

[Financial Wellness 2021 03 24.pdf](#)(788.46 KB)

For more information about this YLI Calendar Event, please email [yli@hhs.iowa.gov](mailto:yli@hhs.iowa.gov)