



## Health and Finance Presentations

Help workers in your district learn how to care for their physical and financial health

Presentations are available for district pastor and educator conferences. They are provided by Concordia Plans at no cost to the district as a service to members of the Concordia Plans.

Choose one or more of the following topics for your next gathering:

### Financial Wellness

- Personal finance basics – budgeting, goal setting, debt management.
- Financial wellness – aligning values, goals and behavior.
- Healthcare in retirement – your options and how Medicare ties in.
- An overview of all Concordia Retirement Plan benefits.
- Planning for retirement (also available as a full-day workshop).

### Physical Wellness

- An overview of all the wellness resources available.
- How to register and use the Vitality program.
- How to “Be Well” and “Serve Well” – and how to get started.
- Eating healthy and well when in a hurry.
- Dealing with stress.

To arrange to have a Concordia Plans educator at your next conference, please use the contact information below:

**FINANCIAL WELLNESS EDUCATOR**  
[MoneyMatters@ConcordiaPlans.org](mailto:MoneyMatters@ConcordiaPlans.org)

**PHYSICAL WELLNESS EDUCATOR**  
[Megan.Sherman@ConcordiaPlans.org](mailto:Megan.Sherman@ConcordiaPlans.org)

Thank you for the opportunity to improve the financial and physical well-being of your church workers!