LIFEADVISOR.COM | NOVEMBER

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Enhancing People. Improving Unions.

LIFE ADVISOR MAP

Member Monthly Communication At-A-Glance



MEMBER NEWSLETTER

Impulsive Buying vs Strategic Spending

Small spending decisions can have a big impact on your financial wellness. Discover ways to recognize spending triggers and make more intentional choices with your money.

BONUS MATERIAL

Sleep Routine Checklist

Better sleep starts with simple daily habits. This checklist provides easy tips to help improve sleep quality and support overall wellness.





LIFE ADVISOR WELL-BEING WEBINAR

Unplugged Evening: Building a Routine for Better Sleep

Register now for our upcoming Life Advisor Well-being webinar!

LIFE ADVISOR PORTAL

www.lifeadvisor.com

We invite you to look through our portal and online resource library for help with your total well-being journey.





MONTHLY VIDEO

Impulsive Buying vs Strategic Spending

Explore the factors that drive impulse purchases and practical tips for building healthier spending habits.

LIFE ADVISOR WELL-BEING WEBINAR LIBRARY

Life Advisor Well-being OnDemand Videos

On demand webinars focusing on work/life balance issues and remedies.

