

April



Financial Literacy

Building Blocks for Managing & Growing Your Money

Save + Invest

Open a bank account to start saving regularly to plan for life events.

Spend

Make a budget to spend wisely. Manage your money to meet goals.

Borrow

Shop around for a loan with a low rate, keep track of your borrowing, and pay bills on time.

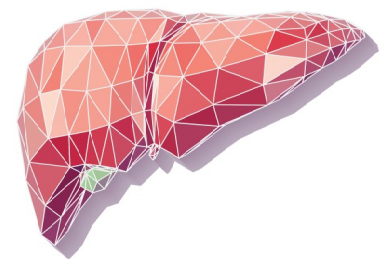
Earn

Know the details beyond what you are paid through work. Take time to understand your pay & benefits.

Protect

Take precautions about your financial situation by saving for emergencies, buying insurance, and knowing your credit score.

Financial Literacy And Your Liver



Financial Literacy, or lack thereof, can generate significant stress on the human body and cause repercussions:

Stress, potentially financial stress, was found to impair blood flow to the liver and may lead to or trigger liver damage.

Suffering from anxiety or depression could carry an increased risk of death from liver disease.

+ Get Fit Tip

Practice mindfulness, do yoga, take a walk, or breathe deeply to take a break and reduce stress - whether financial or not.



Get Fit is a campaign provided by the American Liver Foundation, Great Lakes Division. Learn more by visiting us at <http://www.LiverFoundation.org/GreatLakes>

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