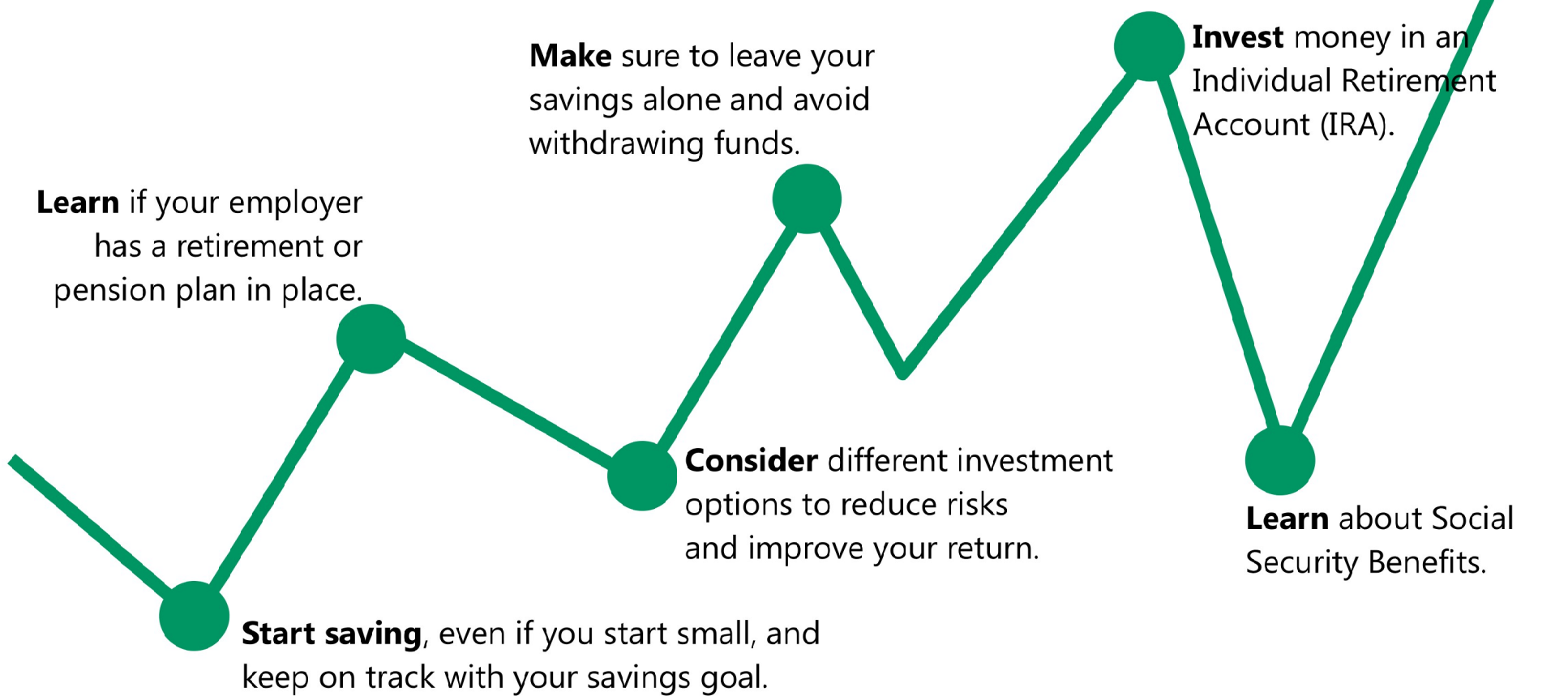


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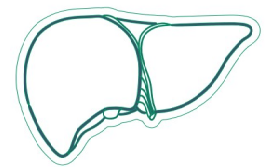
# Financial Literacy

## Planning for Retirement



### Financial Literacy and Your Liver

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



In the part of the brain that controls the liver, stress, potentially financial stress, was found to impair blood flow and may lead to or trigger liver damage.

#### + Get Fit Tip

Get enough rest and sleep. Your body needs time to recover from stressful events.



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>