

# Financial wellness webinars

Hosted by Sun Life, these ongoing webinars are designed to boost your financial literacy and help you achieve financial wellness.

Continue checking [sunlife.ca/mymoney](https://sunlife.ca/mymoney) for the most up-to-date webinar information.



## When can I attend?

Our webinars are scheduled with your convenience in mind. Below is the schedule for the English webinars for 2021. All webinar times are listed as Eastern Time (ET) but are scheduled to be convenient across the country.

Saving: The Essentials	Tuesday, January 12, 2021	12 p.m. ET
Where there's a will there's a way	Thursday, January 14, 2021	3 p.m. ET
Becoming retirement ready	Wednesday, January 20, 2021	9 p.m. ET
Transition and Change	Monday, January 25, 2021	6 p.m. ET
Balancing your finances: Understanding credit and debt	Wednesday, February 03, 2021	3 p.m. ET
Investing: The Essentials	Thursday, February 18, 2021	12 p.m. ET
Connect with your money	Monday, February 22, 2021	9 p.m. ET
Creating your retirement roadmap	Wednesday, February 24, 2021	3 p.m. ET
Becoming retirement ready	Thursday, March 04, 2021	12 p.m. ET
5 steps to boost your financial health	Tuesday, March 09, 2021	6 p.m. ET
Connect with your money	Monday, March 29, 2021	6 p.m. ET
Investing: A closer look	Wednesday, March 31, 2021	3 p.m. ET
Where there's a will there's a way	Thursday, April 08, 2021	12 p.m. ET
Balancing your finances: Understanding credit and debt	Tuesday, April 13, 2021	12 p.m. ET
Creating your retirement roadmap	Wednesday, April 21, 2021	3 p.m. ET
Connect with your money	Monday, April 26, 2021	3 p.m. ET
Balancing your finances: Understanding credit and debt	Thursday, May 06, 2021	9 p.m. ET
Transition and Change	Tuesday, May 11, 2021	12 p.m. ET
Becoming retirement ready	Wednesday, May 19, 2021	3 p.m. ET
Connect with your money	Monday, May 31, 2021	6 p.m. ET
5 steps to boost your financial health	Thursday, June 03, 2021	9 p.m. ET
Saving: The Essentials	Tuesday, June 08, 2021	3 p.m. ET
Creating your retirement roadmap	Tuesday, June 15, 2021	12 p.m. ET
Connect with your money	Monday, June 28, 2021	3 p.m. ET
5 steps to boost your financial health	Tuesday, July 20, 2021	3 p.m. ET

Connect with your money	Monday, July 26, 2021	12 p.m. ET
Connect with your money	Monday, August 30, 2021	12 p.m. ET
Where there's a will there's a way	Thursday, September 09, 2021	6 p.m. ET
Transition and Change	Tuesday, September 14, 2021	9 p.m. ET
Becoming retirement ready	Wednesday, September 22, 2021	12 p.m. ET
Connect with your money	Monday, September 27, 2021	12 p.m. ET
Balancing your finances: Understanding credit and debt	Friday, October 01, 2021	12 p.m. ET
5 steps to boost your financial health	Thursday, October 07, 2021	3 p.m. ET
Saving: The Essentials	Thursday, October 14, 2021	3 p.m. ET
Creating your retirement roadmap	Tuesday, October 19, 2021	9 p.m. ET
Connect with your money	Monday, October 25, 2021	6 p.m. ET
Becoming retirement ready	Tuesday, November 02, 2021	6 p.m. ET
Where there's a will there's a way	Tuesday, November 02, 2021	9 p.m. ET
Investing: The Essentials	Wednesday, November 10, 2021	3 p.m. ET
Investing: A closer look	Thursday, November 18, 2021	6 p.m. ET
Transition and Change	Monday, November 29, 2021	3 p.m. ET



## How do I register?

1. Visit [sunlife.ca/mymoney](https://sunlife.ca/mymoney)
2. Select the webinar you wish to attend.
3. Select **Register now**.
4. Fill out the online form. You'll receive an email confirmation once completed.

We hope you enjoy the sessions. We'd love to hear your feedback after each webinar.