Sun Life

Boost your financial literacy!

Essential Financial Wellness topics

Are you just starting to dip your toes into learning about finance? Or, would you like to brush up what you already know? This section is for you. Topics cover the essentials of financial literacy and their practical application in everyday life.

Date & Time	Name	Description
Wednesday, January 14, 2026 at 12 p.m. ET. Wednesday, June 17, 2026 at 3 p.m. ET.	Building your wealth through investing	Join us and explore how to build wealth, manage risk and align your investment decisions with your specific priorities.
Wednesday, February 11, 2026 at 3 p.m. ET. Thursday, December 3, 2026 at 3 p.m. ET.	5 steps to boost your financial health	This webinar will focus on the five steps to boost your financial health. Topics include assessing your current situation, creating goals, making a budget, acting on your plan and keeping your finances healthy.
Thursday, March 12, 2026 at 6 p.m. ET. Thursday, September 24, 2026 at 6 p.m. ET.	Reviewing your financial roadmap	Whether you're just starting out or thinking about retirement, learn how to build a financial plan, including ways to minimize taxes.
Tuesday, April 21, 2026 at 9 p.m. ET. Thursday, Oct 15, 2026 at 12 p.m. ET.	How to start saving today?	This topic is best suited to anyone who's just starting to learn or is needing help managing their savings.
Tuesday, May 5, 2026 at 3 p.m. ET.	Save for retirement now	We'll introduce you to retirement planning and answer questions like how much will retirement cost? Where will the money come from?
Wednesday, November 25, 2026 at 12 p.m. ET.	Maximizing your retirement: understanding CPP/QPP, OAS and GIS benefits	Planning for retirement? Join us for this webinar that breaks down Canada's key retirement programs: the Canada Pension Plan (CPP), Quebec Pension Plan (QPP), Old Age Security (OAS), and Guaranteed Income Supplement (GIS). This session will help give you the knowledge and tools to make informed decisions and build a stronger financial future.

In-depth Financial Wellness topics

If you're comfortable with the basics of financial literacy and are looking for a more in-depth knowledge and tips, pick this category. Here you will find webinars about investing, financial planning, retirement and more.

Date & Time	Name	Description
Wednesday, January 28, 2026 at 3 p.m. ET. Thursday, June 11, 2026 at 12 p.m. ET.	Your health and wealth - what's the connection?	Money may not buy happiness, but your relationship with it can affect your health. Join us to explore the connection.
Tuesday, February 24, 2026 at 6 p.m. ET. Wednesday, Oct 7, 2026 at 9 p.m. ET.	Building a resilient retirement paycheque	Market volatility can create a lot of doubt but having a good financial strategy can ease your concerns. See how you can manage volatility and protect your retirement paycheque.
Tuesday, March 17, 2026 at 12 p.m. ET.	Estate & taxes: The essentials	While thinking about your estate planning, an important aspect to consider is taxation. This session will focus on providing for your loved ones, the importance of beneficiary designations and passing on your estate in a tax efficient manner.
Wednesday, April 8, 2026 at 12 p.m. ET. Wednesday, Sept 16, 2026 at 3 p.m. ET.	Making the most of your retirement with Sun Life	Ever wondered what retirement is really like? Join this panel discussion as we walk through some of the top questions, concerns, and surprises that retirement can bring.
Wednesday, May 13, 2026 at 6 p.m. ET. Tuesday, Nov 3, 2026 at 3 p.m. ET.	Financial planning for the modern family	Each family structure has unique needs and financial planning can be complex. Join us as we discuss potential pitfalls and the importance of tailoring a financial roadmap to your unique situation.
Thursday, December 10, 2026 at 12 pm ET.	Navigating the sandwich generation: three generations, one financial strategy	Are you juggling the responsibilities of caring for aging parents while supporting your own children? You're not alone - the sandwich generation faces unique financial and emotional pressures. Join us to learn how to navigate the complex financial landscape of the sandwich generation while making informed decisions about inheritances and estate planning.