

Wellness & Personal Finance Series



Event Agenda

2022 October

08 Sat

- What is the meaning of being healthy?
- What is Emotional Well-Being: Basic Concepts
- Financial Well-Being
- Yoga Class (fitness assessment)

15 Sat

- Latina Women: Common Illnesses
- Financial Well-Being II
- Yoga Class
- Health Fair with March of Dimes mobile health center

22 Sat

- Our mind: healthy and pathological aspects
- Credit Literacy
- Yoga Class
- Guest Speaker: Adelayda Funes from Forbright Bank

29 Sat

- Primary emotions and emotional diseases
- Credit Literacy II
- Yoga Class

2022 November

05 Sat

- Healthy Habits: What would I like and can I do for myself?
- Insurance Literacy
- Yoga Class
- Guest Speaker: Angela Neira from Life Asset

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Event Agenda

12 Sat

- Techniques to Manage Emotions
- What is to be Prosperous
- Yoga Class
- Especial activity with Positive Chalk DC

19 Sat

- Nutrition: Let food be your medicine
- Investment Literacy
- Yoga Class

2022 December

03 Sat

- Family Prevention: What we all know but no one is talking about
- Stock Market and 401(k)
- Yoga Class
- Guest Speaker: Gladys del Pozo from GDP Financial Strategies

10 Sat

- Graduation Ceremony