

WALLET-SMART WELLNESS



No gym? No problem. Just 30 minutes of brisk walking a day can **reduce your risk of heart disease, improve mood, and support weight management**—all for \$0.

The average gym membership costs \$58 per month—that's nearly \$700 a year! Learn about **free outdoor workout routines** to boost both fitness and financial wellness.

A Harvard study found that **eating healthy costs only \$1.50 more per day** than an unhealthy diet. We'll talk shopping smart, meal prep, and saving without sacrificing nutrition.

Spending time in green spaces is linked to **lower cortisol levels, improved mood, and greater life satisfaction**—and it's free.

REGISTER TO LEARN MORE ABOUT WALLET-SMART WELLNESS!



JOIN US ON WEDNESDAY, JUNE 25TH
12:00 P.M.-12:30 P.M. EST

Scan to register or visit
www.info.kapnick.com/strive-monthly-webinars.