

September On-Demand Webinar

Conquering Financial Stress: Tools for Resilience



Financial stress isn't just a money problem. Concerns about finances can affect our sleep, relationships, emotional wellbeing, and even our ability to think clearly and solve problems, making an already difficult situation feel even harder to manage. In this webinar, we'll explore the psychological challenges that can arise during periods of financial stress and how you can respond to them in healthier, more productive ways. You'll also learn how Learn to Live's online programs can help you address pressing concerns, build powerful coping skills, and feel more prepared to navigate financial challenges in the future.

All MMHG participants will be entered to win a \$50 Amazon gift card! How it works:

1. Between September 1-30, watch the webinar using the link below. When registering, the email address you provide will be used to track your attendance. You'll receive one raffle entry for viewing the recording.
2. Gift card winner will be notified by email on October 9th. All employees, retirees, and dependents from Mayflower Municipal Health Group member units are eligible to win.



**Click here or scan the QR code to watch
using member access code: MMHG**

Webinar URL: <https://tinyurl.com/FinancialStress2026>

Questions? Please contact wellness@MMHG.org