

74 WORDS, 30 SECONDS

## A FINANCIALLY HEALTHIER YOU THIS NEW YEAR

AS A RECENT STUDY DISCOVERED, SEVENTY-TWO PERCENT OF PEOPLE EXPERIENCE MONEY-RELATED STRESS—BUT YOU DON'T HAVE TO. STARTING WITH THE NEW YEAR, YOU CAN IMPROVE YOUR OVERALL FINANCIAL HEALTH BY MAPPING OUT YOUR GOALS, SO YOU STICK TO A BUDGET AND BOOST YOUR SAVINGS. TO HELP, THERE'S FIRST TECH'S PLANNING PRIMER, WHICH CAN TAKE SOME OF THE MYSTERY AND INTIMIDATION OUT OF FINANCIAL PLANNING. YOU'LL FIND MORE FINANCIAL WELLNESS TIPS AND RESOURCES AT [FIRST-TECH-FED---DOT--COM--SLASH--LEARN](https://www.firsttechfed.com/learn).