



Boost your financial literacy!

Our free Financial Wellness webinars can help you grow your knowledge and take control of your money, no matter how much you already know. Topics include money management, investing, retirement planning and more. See the next page for the full list of topics and dates.

For more details and the most up-to-date webinar information visit

sunlife.ca/mymoney

Spots are limited! Don't miss your chance to improve your personal financial literacy by registering today!

Full schedule for the English webinars for 2023

Investing: The essentials	Thursday, January 19, 2023	12:00pm ET
Investing: A closer look	Tuesday, January 24, 2023	3:00pm ET
Building a resilient retirement paycheque	Monday, February 6, 2023	12:00pm ET
Connect with your money	Monday, February 13, 2023	9:00pm ET
Where there's a will, there's a way	Monday, March 13, 2023	12:00pm ET
Save for retirement now	Wednesday, March 22, 2023	6:00pm ET
Staying the Course	Tuesday, April 4, 2023	12:00pm ET
5 steps to boost your financial health	Tuesday, April 25, 2023	6:00pm ET
Your health and wealth - what's the connection	Tuesday, May 2, 2023	12:00pm ET
Managing your money	Tuesday, May 16, 2023	9:00pm ET
Connect with your money	Wednesday, June 7, 2023	12:00pm ET
Creating your retirement income	Monday, June 12, 2023	12:00pm ET
Investing: A closer look	Wednesday, July 12, 2023	9:00pm ET
Understanding Credit and Debt	Thursday, July 20, 2023	3:00pm ET
Investing: The essentials	Monday, August 14, 2023	6:00pm ET
Estate & taxation: The essentials	Wednesday, August 23, 2023	3:00pm ET
Creating your retirement income	Tuesday, September 12, 2023	9:00pm ET
Managing your money	Tuesday, September 19, 2023	3:00pm ET
Staying the Course	Wednesday, October 4, 2023	3:00pm ET
Save for retirement now	Wednesday, October 18, 2023	12:00pm ET
Exploring Behavioural Finance	Monday, November 6, 2023	3:00pm ET
Reviewing your financial roadmap	Monday, November 13, 2023	3:00pm ET
Building your wealth	Monday, December 4, 2023	6:00pm ET
Building a resilient retirement paycheque	Wednesday, December 13, 2023	6:00pm ET