



**Shine**

SUPPORTING HEALTH IN EVERYONE  
AN HHS PROGRAM



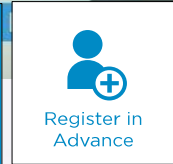
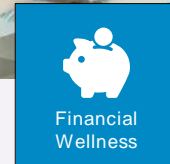
**Hamilton  
Health  
Sciences**

# 40%

of adults give themselves a grade of "C" or lower in matters of personal finance



## Get on the Path to FINANCIAL PEACE



ShineHHS.ca

### If you want to get out of debt and on track for retirement, then this course is for you!

No matter what your financial situation, everyone needs a plan for spending and saving money wisely. When you have a plan, you tell your money where to go instead of wondering where it went! Join Jessica and many of your colleagues on this exciting, life-transforming journey. This 9-week program will equip you with the tools and skills you need to help you get out of debt, save for retirement, and put you and your family on the path to financial wellness.

If what you've been doing hasn't been working (or it's working pretty well, but you want to take things to the next level), then don't miss this unique opportunity! You will learn more effective ways of gaining control over your finances in a fun and supportive environment. If you've ever lost even just one minute of sleep because of your finances, this class will outline the proven step-by-step plan that will give you hope for a financially fit future!

#### Weekly Topics include:

- Week 1: Super Saving** - *Common Sense for Your Dollars & Cents*
- Week 2: Relating with Money** - *Nerds and Free Spirits Unite!*
- Week 3: Cash Flow Planning** - *The Nuts and Bolts of Budgeting*
- Week 4: Dumping Debt** - *Breaking the Chains of Debt*
- Week 5: Buyer Beware** - *The Power of Marketing*
- Week 6: The Role of Insurance** - *Protecting Your Family & Finances*
- Week 7: Retirement and College Planning** - *Investing 101*
- Week 8: Real Estate & Mortgages** - *Be Wise with Homeownership*
- Week 9: Expert Panel Q & A Session** - *Get A's to lingering Q's*

### PROGRAM DETAILS:

ALL HHS STAFF (starts Sept 5 <sup>th</sup> )	WEDNESDAYS 5:00 PM- 6:45 PM	LOCATION: Hamilton General Marg Charters Auditorium
	OR	
ALL HHS STAFF (starts Sept 5 <sup>th</sup> )	WEDNESDAYS 7:15 PM- 9:00 PM	LOCATION: Hamilton General Marg Charters Auditorium
	REGISTER by August 31 <sup>st</sup>	Fill out the online form at <a href="http://shinehhs.ca">shinehhs.ca</a>
		Email Melissa at <a href="mailto:cummingsme@hhsc.ca">cummingsme@hhsc.ca</a>

To register, please fill out the form [here](#).

**\*COST: \$25/person or couple** (if bringing your partner)  
\*you will receive a partial reimbursement in the form of a \$20 Give Card (valid for all HHSVA services/shops) if you attend at least 8 of the 9 classes.