

Health and Wealth

Invest for life!



TIPS on Investing in You!

Inquire about your credit rating.

Narrow the gap between your present weight and a healthy body weight.

Value your health by buying more nutritious foods like dark-coloured vegetables and fruit.

Examine your feelings about spending money to help gain better control of it.

Start by making small changes with your finances and your health.

Think about financial and health planning as a process, not a one-time event.