



# Boost your financial literacy!

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## Essential Financial Wellness topics

Are you just starting to dip your toes into learning about finance? Or, would you like to brush up what you already know? This section is for you. Topics cover the essentials of financial literacy and their practical application in everyday life.

Date & Time		Name	Description
Wed, Jan 15, 2025	12 pm ET	<a href="#">Building your wealth through investing</a>	Join us and explore how to build wealth, manage risk and align your investment decisions with your specific priorities.
Thu, Sep 18, 2025	6 pm ET		
Tue, Feb 11, 2025	3 pm ET	<a href="#">Newcomers to Canada</a>	Moving to a new country is an exciting opportunity, but also a great challenge. This session explores some important topics that can help to make the transition easier.
Wed, Oct 8, 2025	3 pm ET		
Thu, Mar 27, 2025	6 pm ET	<a href="#">How to start saving today?</a>	This topic is best suited to anyone who's just starting to learn or is needing help managing their savings.
Thu, Jun 12, 2025	12 pm ET		
Wed, Apr 30, 2025	9 pm ET	<a href="#">Reviewing your financial roadmap</a>	Whether you're just starting out or thinking about retirement, learn how to build a financial plan, including ways to minimize taxes.
Thu, Oct 16, 2025	12 pm ET		
Tue, May 6, 2025	3 pm ET	<a href="#">Save for retirement now</a>	We'll introduce you to retirement planning and answer questions like how much will retirement cost? Where will the money come from?
Wed, Dec 3, 2025	3 pm ET	<a href="#">5 steps to boost your financial health</a>	This webinar will focus on the five steps to boost your financial health. Topics include assessing your current situation, creating goals, making a budget, acting on your plan and keeping your finances healthy.

## In-depth Financial Wellness topics

If you're comfortable with the basics of financial literacy and are looking for a more in-depth knowledge and tips, pick this category. Here you will find webinars about investing, financial planning, retirement and more.

Date & Time		Name	Description
Tue, Jan 28, 2025	3 pm ET	<a href="#">Staying the course</a>	Learn how to navigate market ups and downs to stay on track with your savings goals.
Wed, May 14, 2025	6 pm ET		
Tue, Feb 25, 2025	6 pm ET	<a href="#">Living your retirement plan</a>	This session dives deep into retirement planning concepts. It's best suited to plan members aged 50 or older.
Wed, Sep 10, 2025	12 pm ET		
Mon, Mar 24, 2025	12 pm ET	<a href="#">Estate &amp; Taxation: the essentials</a>	While thinking about your estate planning, an important aspect to consider is taxation. This session will focus on providing for your loved ones, the importance of beneficiary designations and passing on your estate in a tax efficient manner.
Wed, Jun 25, 2025	9 pm ET		
Mon, Apr 7, 2025	12 pm ET	<a href="#">Your health and wealth—what's the connection</a>	Money may not buy happiness, but your relationship with it can affect your health. Join us to explore the connection.
Tue, Nov 4, 2025	3 pm ET		
Tue, Nov 18, 2025	12 pm ET	<a href="#">Financial planning for the modern family</a>	Each family structure has unique needs and financial planning can be complex. Join us as we discuss potential pitfalls and the importance of tailoring a financial roadmap to your unique situation.
Tue, Dec 9, 2025	12 pm ET	<a href="#">Making the most of your retirement with Sun Life</a>	Ever wondered what retirement is really like? Join this panel discussion as we walk through some of the top questions, concerns, and surprises that retirement can bring.