

Wellness Ideas: Financial Group

- Bring in financial speakers on retirement, savings, insurance, etc.
- Share non-personal aspects of your budget with a co-worker – they may be able to see areas where you can shave off some spending without feeling over-sacrificed
- Pitch in and buy a high quality espresso machine and syrups for the office
- Do the Dave Ramsey challenge among co-workers (or other similar financial approach)