Faith | Financial Well-Being | Health | Personal Growth

PILLAR TALK

Change your Habits, Change your Life

HEALTH & WELLNESS PILLAR TALK RESOURCES

- **Barbara Carnahan shared Making Healthy Habits Achievable:**
  - Habit stack
  - Advice for someone restarting their health journey
- **Marci Payne shared Making Habits a Priority for your Health:**
  - Lupus & your health perspective
  - Advice from someone who's tried it all
- **Gregg Engle shared Visualizing your Health Success:**
  - Spartan Races
  - Advice for someone who's given up on their health
- **To recap how our lives can be changed by our habits:**
  - Make habit achievable
  - Make it a priority to YOURSELF
  - Visualize your success
  - and your life will be changed! ***Amazing!***

Please share with us your thoughts about the presentation by taking the survey at
http://bit.ly/PillarTalkSeriesSurvey

NEXT PILLAR TALK

"Creating Financial Habits to Help You Plan for Retirement"
Thursday, June 23rd @ 12:00 -12:30 pm
Register for WebEx: ***https://bit.ly/PillarTalk5***

Link to April's webinar in case someone missed it:
https://www.firstunitedbank.com/spendlifewisely/part-3-6-spend-life-wisely-pillar-talk-webinar-series-financial-habits

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