

UNM WELL-BEING EXPO 2019



EXPO SCHEDULE

Main Campus

Sept. 17 | UNM SUB

North Campus

Sept. 18 | College of Pharmacy & Nursing, 3rd Floor

WELL-BEING EXPO VENDOR EXHIBITS 10 A.M. TO 2 P.M.

Financial Wellness Sessions

Session Time				
10 - 11:15 a.m.	Workshop TBD	Inside Money: Managing Income and Debt	Risk Management: Long Term Care & Life Insurance	Financial Wellness & The Importance of Planning
11:15 a.m. - 12:30 p.m.	Investing 101	The Starting Line: Beginning to Save for Retirement	Retirement Income Realities & Strategies	Tax and Estate Planning for Everyone
12:45 p.m. - 2 p.m.	Build A Budget, Ditch Your Debt, Improve Your Credit	She's Got It: A Woman's Guide To Saving and Investing	Social Security and Your Retirement	Plan For Your Someday - Start Now To Reach Your Dreams

Physical, Occupational & Emotional Wellness Sessions

Session Time	
10 - 10:50 a.m.	Healthy Eating on a Budget
11 a.m. - 11:50 a.m.	Movement At Work
Noon - 12:50 p.m.	Off Balance? Find harmony in Work + Life
1 - 2 p.m.	Collaboration: What Key Skill Allows You to Overcome Obstacles and Build Bridges?