Boost your financial literacy!

Sun Life

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
Wednesday, January 10, 2024 Wednesday, June 5, 2024	12 pm ET 3 pm ET	Investing: The essentials	Want to feel more confident when it comes to investing? Focusing on fund types and investing styles, get a better sense of how investments work.
Tuesday, February 6, 2024 Monday, December 2, 2024	12 pm ET 3 pm ET	Save for retirement now	We'll introduce you to retirement planning and answer questions like how much will retirement cost? Where will the money come from?
Thursday, March 21, 2024 Thursday, November 14, 2024	3 pm ET 6 pm ET	Understanding credit and debt	Join us for a look at the types of debt, the cost of borrowing, understanding your credit rating as well as tips for getting out of debt.
Tuesday, April 9, 2024 Tuesday, October 22, 2024	12 pm ET 9 pm ET	Reviewing your financial roadmap	Whether you're just starting out or thinking about retirement, learn how to build a financial plan, including ways to minimize taxes.
Thu, May 9, 2024	12 pm ET	Newcomers to Canada	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.
Tuesday, September 10, 2024	12 pm ET	How to start saving today?	This topic is best suited to anyone who's just starting to learn or is needing help managing their savings.

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
Tuesday, January 23, 2024 Monday, June 10, 2024	6 pm ET 12 pm ET	Building a resilient retirement paycheque	Market volatility can create a lot of doubt but having a good financial strategy can ease your concerns. See how you can manage volatility and protect your retirement paycheque.
Thursday, February 15, 2024 Wednesday, December 11, 2024	3 pm ET 12 pm ET	Staying the course	Learn how to navigate market ups and downs to stay on track with your savings goals.
Tuesday, March 12, 2024 Wednesday, September 18, 2024	3 pm ET 6 pm ET	Where there's a will, there's a way	A will can be an important part of your financial plan. Find out what happens if you pass away without one, what a power of attorney is and how to minimize taxes at death.
Monday, April 15, 2024 Monday, November 4, 2024	9 pm ET 3 pm ET	Living your retirement plan	This session dives deep into retirement planning concepts. It's best suited to plan members aged 50 or older.
Wednesday, May 22, 2024	3 pm ET	Your health and wealth—what's the connection	Money may not buy happiness, but your relationship with it can affect your health. Join us to explore the connection.
Thursday, October 10, 2024	12 pm ET	Investing: A closer look	Expand your knowledge and understanding of investment principles.