Financial Literacy
Planning for Retirement

- **Learn** if your employer has a retirement or pension plan in place.
- **Start saving**, even if you start small, and keep on track with your savings goal.
- **Make** sure to leave your savings alone and avoid withdrawing funds.
- **Consider** different investment options to reduce risks and improve your return.
- **Invest** money in an Individual Retirement Account (IRA).
- **Learn** about Social Security Benefits.

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**Financial Literacy and Your Liver**

Financial Literacy, or lack thereof, can generate significant stress on the human body and cause repercussions:

In the part of the brain that controls the liver, stress, potentially financial stress, was found to impair blood flow and may lead to or trigger liver damage.

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**Get Fit Tip**

Get enough rest and sleep. Your body needs time to recover from stressful events.

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Get Fit is a campaign provided by the American Liver Foundation, Great Lakes Division. Learn more by visiting us at http://www.LiverFoundation.org/GreatLakes