



# REGIONS FINANCIAL WELLNESS

Free seminars to help you reach  
your financial goals.

Start getting the most out of your money. During each financial wellness seminar, a knowledgeable Regions Banker will provide tips and action-based advice to get you on the road to financial success.



## SEMINAR TOPICS



### 10 Ways To Simplify Your Life Using Banking Technology

Learn how to utilize all the tools available to help you conveniently manage your finances online.



### Banking Basics for Students

Stay on top of your grades and your finances. Learn how to stick to a budget, use credit wisely and start saving.



### Building Your Financial Know-How

Re-evaluate what stresses you and what motivates you about your finances. Learn how to take charge of your money and grow more confident about your finances.



### Energize Yourself Financially

Learn why it's important to create a savings plan and how your plan should evolve to help you meet short-, medium- and long-term goals.



### Managing Your Money

Take steps toward a successful financial future. Learn how to track and decrease your daily spending and even increase your income.



### Maximize Your Personal Wealth

Start building an effective investment portfolio and learn how accumulating wealth impacts your financial goals and your loved ones.



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### Protect Yourself From Identity Theft

Familiarize yourself with the common forms of identity theft, take proper actions if you are a victim and learn how can you protect yourself.



### The Importance of Saving

Gain valuable insight about your savings goals, create a plan and determine what you can do to help your savings grow.



### Tips and Tools for Helping Seniors Avoid Financial Exploitation

Recognize and reduce the risk of senior financial exploitation. Learn how you can guard yourself against identity theft and form a financial plan for the unexpected.



### Saving for Retirement

Find out why it's important to plan for the future and when you should start saving for retirement.



### Your Credit Report

Learn what a credit report is, how it affects your finances and what you can do to maintain or improve your credit score.



### Your Road to Home Ownership

Evaluate the pros and cons of owning a home. Sharpen your knowledge of mortgage basics and learn what's involved in the mortgage application process.



### Counterfeit Money Awareness and Cash Handling Tips

Protect your finances from counterfeit money. Take action to avoid quick-change artists and learn how to efficiently and accurately handle cash.



### Financial Tips for Your Small Business

Learn the best financial practices, rules and tools available to help you start, manage or grow your business.



### Protect Your Small Business From Fraud

Protect your business from fraud by familiarizing yourself with all the ways fraud can affect your business and what you can do to avoid becoming a victim.

If you would like to provide one of these seminars for a small group or participate in one yourself, contact a Regions representative today.