

# Financial Wellness: During and After a Pandemic

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Wealth Advisor



1. Learn what assistance national and local governments are providing
2. Reach out to financial institutions to learn about hardship programs
3. Create and periodically monitor/adjust your budget
4. Manage debt wisely
5. Have an emergency fund
6. Manage your insurance coverages
7. Take advantage of lower interest rates and volatile stock markets
8. Find a Financial Advisor