



WHERE'S YOUR MONEY GOING?

Budgeting. Part of the recipe to a healthy life.
Don't let financial stress take a toll on your health.

Knowing where you spend your money can help boost your financial, emotional and physical health.

It's simple:

1. Determine how much you're spending.
2. Balance your expenses with your income — do you have a surplus or shortfall?

A budget can contribute to a healthy life. We can help. Go to **[Manulife.ca/budget](https://www.manulife.ca/budget)** for a quick, easy way to balance your money.

