Tidbits Issue 3 - March 2018

ACTION Tidbits

This month's newsletter is packed with something for everyone! In our first article, Bradley Ruh discusses the connection between health and your finances. He'll show you just how closely these are intertwined and provide some tips on living a healthier lifestyle.

Our second article challenges the business owners or decision makers out there in asking themselves if their business is really ready for what comes next. Do you have a plan for the long term - a plan that covers both the expected AND the unexpected?

Health & Finances: What Does Your Future Hold?

Health and finances, how do these go together? Most people overlook the discussion of health when it comes to financial planning. The difference between good health and poor health have varying effects on all aspects of someone's financial lifespan. Poor health can reflect a shorter mortality or longer morbidity, which means an earlier death or prolonged disease state that adversely impacts quality of life in retirement. Good health could pose a risk to longevity risk. That is, the risk of running out of money before breath in retirement...

HEALTHY RECIPE: Clean Eating Chicken Fried Rice

This recipe was suggested by Wendy. It's a family favorite in her house - her two young boys ask for it all the time!

Is Your Business Ready for What's Next?

As a business owner or decision-maker, what keeps you up at night? Is it business growth? Cash flow management? Recruitment and retention of key employees? The sale or transfer of your business? No matter where you are in your business, Life Plan for Your Business is built around six segments to help you make decisions and improve your business...

Register Now!

Business owners, what keeps you up at night? Is it business growth? Cash flow management? Recruitment and retention of key employees? The sale or transfer of your business?

Life Plan for Your Business is a process that works with business owners to address your unique challenges; both the daily issues you face and in planning for the long term.

Action Financial Strategies will be presenting a Life Plan for Your Business Workshop in five different locations this spring. The workshop will assist you in any stage of your business - startup, growth, or exit. Be sure to join us - watch for more details!

DATE	LOCATION
April 24	Green Bay
April 24	Appleton
April 25	Manitowoc
April 24	Sheboygan
May 8	Stevens Point

For information on the seminars or to register, please contact Wendy at wendys@actionfinancials.com.

Get to know Wendy!

From your friends at Action Financial Strategies,
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