Boost your financial literacy!

Essential Financial Wellness topics

Are you just starting to dip your toes into learning about finance? Or, would you like to brush up what you already know? This section is for you. Topics cover the essentials of financial literacy and their practical application in everyday life.

Date & Time		Name	Description
Thu, September 18, 2025 Wed, January 14, 2026 Wed, June 17, 2026	6 p.m. ET. 12 p.m. ET. 3 p.m. ET.	Building your wealth through investing	Join us and explore how to build wealth, manage risk and align your investment decisions with your specific priorities.
Wed, October 8, 2025	3 p.m. ET.	Newcomers to Canada	Moving to a new country is an exciting opportunity, but also a great challenge. This session explores some important topics that can help to make the transition easier.
Thu, October 16, 2025 Thu, March 12, 2026	12 p.m. ET. 6 p.m. ET.	Reviewing your financial roadmap	Whether you're just starting out or thinking about retirement, learn how to build a financial plan, including ways to minimize taxes.
Wed, December 3, 2025 Wed, February 11, 2026	3 p.m. ET. 3 p.m. ET.	5 steps to boost your financial health	This webinar will focus on the five steps to boost your financial health. Topics include assessing your current situation, creating goals, making a budget, acting on your plan and keeping your finances healthy.
Tue, April 21, 2026	9 p.m. ET.	How to start saving today?	This topic is best suited to anyone who's just starting to learn or is needing help managing their savings.
Tue, May 5, 2026	3 p.m. ET.	Save for retirement now	We'll introduce you to retirement planning and answer questions like how much will retirement cost? Where will the money come from?

In-depth Financial Wellness topics

If you're comfortable with the basics of financial literacy and are looking for a more in-depth knowledge and tips, pick this category. Here you will find webinars about investing, financial planning, retirement and more.

Date & Time		Name	Description
Wed, September 10, 2025	12 p.m. ET.	Living your retirement plan	This session dives deep into retirement planning concepts. It's best suited to plan members aged 50 or older.
Tue, November 4, 2025 Wed, January 28, 2026 Thu, June 11, 2026	3 p.m. ET. 3 p.m. ET. 12 p.m. ET.	Your health and wealth - what's the connection?	Money may not buy happiness, but your relationship with it can affect your health. Join us to explore the connection.
Tue, November 18, 2025 Wed, May 13, 2026	12 p.m. ET. 6 p.m. ET.	Financial planning for the modern family	Each family structure has unique needs and financial planning can be complex. Join us as we discuss potential pitfalls and the importance of tailoring a financial roadmap to your unique situation.
Tue, December 9, 2025 Wed, April 8, 2026	12 p.m. ET. 12 p.m. ET.	Making the most of your retirement with Sun Life	Ever wondered what retirement is really like? Join this panel discussion as we walk through some of the top questions, concerns, and surprises that retirement can bring.
Tue, February 24, 2026	6 p.m. ET.	Building a resilient retirement paycheque	Market volatility can create a lot of doubt but having a good financial strategy can ease your concerns. See how you can manage volatility and protect your retirement paycheque.
Tue, March 17, 2026	12 p.m. ET.	Estate & taxes: The essentials	While thinking about your estate planning, an important aspect to consider is taxation. This session will focus on providing for your loved ones, the importance of beneficiary designations and passing on your estate in a tax efficient manner.