



# Financial Fitness Fridays

## Cost of living crisis special edition



**Friday 27<sup>th</sup> January 2023, 11.00am – 12.00pm**

**Are you worried about how the cost of living crisis might be affecting your employees? In line with the current financial climate, and by popular demand, we are running another special edition episode of Financial Fitness Fridays.**

You and your employees are invited to join Darren Laverty, Workplace Financial Wellbeing Strategist, and Financial Adviser Dafydd Davies, as they delve into the impact the cost of living crisis might have on people's finances.



**Host:**

Darren Laverty, Financial Wellbeing Strategist

**Attendees will be given practical steps on how they could support their financial wellbeing, as well as gain great insights into:**

- energy prices and inflation rates;
- Bank of England base rates history and outlook;
- the importance of continuing pension contributions;
- investment markets and volatility; and
- tips on how to minimise the impact on their finances.



**Expert:**

Dafydd Davies, Financial Adviser at Foster Denovo

**Darren and Dafydd will also be on hand to answer your questions in a live Q&A at the end of the webinar.**

**Interested in attending? Register [here](#) to secure your place.**

