



IRONSHIELD®

FINANCIAL PLANNING

TAKE 5 WEDNESDAY

Hi

You need a break! What a perfect time to take a minute or five and dive into this week's TAKE 5. You won't regret it!



5 Foods and Drinks to Avoid to get Better Sleep Tonight

Getting a good night's sleep can help cut your risk for a number of medical conditions, including high blood pressure, depression, heart disease, and stroke to name a few. [Click here](#) to learn what late night snacks you should be avoiding.



5 Ways Halloween can Teach Kids About Money

Halloween can provide the perfect opportunity to teach your kids some valuable life lessons about money management. [Click here](#) for more!



Learn Anything, Anywhere, While Listening

Listenable is a new audio learning platform with more than 100 original courses. It allows users to access powerful, bite-sized audio courses that they can listen to at any time, anywhere. [Click here](#) to find a lesson that's perfect for you.



How to Save \$2,940 a Year by Bringing Lunch to Work

60% of Canadians spend between \$7 and \$25 at least once per week on lunch. [Click here](#) to look at the cost of take-out and compare it to the cash spent on preparing your lunch at home and eating at work.

Quote I'm Pondering

“The one I tell myself constantly: you are enough and don't let anyone or anything make you feel otherwise.”

— Joi Childs

Thanks for TAKING 5!

Scott

Whenever you're ready... here are 3 ways I can help:

Option 1.

Let's have a chat: Just [CLICK HERE](#) to see my calendar through our online scheduler. Then, select a time that works for you. The scheduler will book our time and send you the call-in details.

Option 2.

Let's "meet": If you would like to book a free, no-obligation information session, please email me at scottplaskett@ironshield.ca and we can coordinate a time that fits into your schedule.

Option 3.

Attend my next free webinar: Every Friday I get together online with a handful of other local business owners and share with them the most current research and insights into proper financial planning - specifically for business owners. If you'd like to participate or just listen in on the next session, please email me at scottplaskett@ironshield.ca and I'll forward you the details.

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