



IRONSHIELD®

FINANCIAL PLANNING

TAKE 5 WEDNESDAY

Hi

Here is your weekly dose of "TAKE 5 Wednesday", a list of what I'm enjoying, pondering and working on.



PC Optimum points guide | How to maximize your points

Discover the ultimate guide to maximizing your PC Optimum points. Uncover insider tips and tricks to earn and redeem points effectively, ensuring you get the most value from your loyalty program. From strategic shopping to leveraging special offers, this comprehensive [guide](#) will help you maximize your rewards and save money.



5 steps to get your savings back on track

No matter if you experience a job loss, a significant decrease in your investments, or an unforeseen financial burden, everyone encounters setbacks in their finances. By implementing [these steps](#), you

can regain control of your savings and work towards a healthier financial future.



How to stretch your grocery budget as food prices soar

As food prices continue to rise, stretching your grocery budget becomes essential. [Tips](#) include planning meals, making a shopping list, using coupons, buying in bulk, and opting for cheaper ingredients. Cooking at home, minimizing food waste, and exploring cheaper grocery stores can also help save money.



Big changes on the way: Doctors say AI will improve health care

Doctors predict that artificial intelligence (AI) will revolutionize healthcare by improving patient care, diagnosis, and treatment. With the ability to process massive amounts of data and detect patterns, AI has the potential to greatly [enhance healthcare](#) outcomes and reduce medical errors.

Quote I'm pondering

"As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them."
— John F. Kennedy

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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