

# Letter from the CEO



## WELCOME

Thank you so much for joining us at our Financial Stress in America seminar as we delve into a critically important issue confronting our country.

The most unfortunate aspect of financial stress is the impact it has on people. Financial stress is debilitating for individuals. Its impact on mental health and physical health is well documented, and it weighs on employees more than healthcare concerns or family and relationship concerns. Conditions linked to financial stress include insomnia, cardiovascular disease, anxiety, high blood pressure and depression.

With every burden that financial stress causes, the productivity drain on our society has become enormous. Small- to mid-sized companies can lose millions of dollars annually due to the reduced productivity of financial stressed employees.

Financial stress can be greatly reduced when people and organizations attack it proactively. What most people need is simply a little coaching, advice and discipline. With our expert panel of speakers, it is our privilege to have the opportunity to teach you what you can do to alleviate stress, and how you can move forward in creating a financially fit environment.

In an effort to make this change, our hope in sponsoring this seminar is to bring greater awareness of financial stress and its impact on our society. Our goal is that you will leave with a wealth of knowledge in which you and your organization can use to increase financial wellness. We appreciate your time in supporting the rise of financial wellness across America.

Thank you again for joining us for this seminar.

Sincerely,

Glenn Spencer  
Chief Executive Officer, Qualified Plan Advisors