

Take a Financial Road Trip and Learn Skills for Life with Financial Education Week!

Curious about what a Roth 401(k) is? Want to learn how to save \$18.46 per week on your medical premium? Want to learn more about the Employee Stock Purchase Plan? Need some tips for budgeting for the holidays?

Click on the links below to view on demand webinars

[401\(k\) – Investing for retirement](#)

Learn about the basics of investing for retirement, Staples' 401(k) plan features, your option to contribute to a Roth 401(k), how to use Empower's interactive tools, and more!

[Steps to Financial Fitness](#)

Hosted by Empower Retirement – Learn about the steps that you can take now to help you live comfortably through retirement.

[Wellness Rewards](#)

Learn how you can save \$18.46 per week on your medical paycheck cost and earn up to \$600 (\$400 for single coverage) in your HRA or HSA account to offset you deductible.

[Mind Over Money](#)

This webinar examines our personal history with money and explores money and emotions. Participants will also learn to recognize healthy vs. unhealthy attitudes toward money as well as best practices in making financial decisions.

[Holiday Budgeting](#)

We may have our budget under control during the year, but at the holidays it can get blown out of control. This webinar will help you avoid waking up on January 2 thinking, "How could I have spent that much and eaten that much?!"

[Employee Stock Purchase Plan \(ESPP\)](#)

Learn everything you need to know about Staples' ESPP and invest in a piece of Staples!

