



- ✓ **Eat your vegetables.**
- **Eat your heart out.**

When it comes to retirement, you'll never regret choosing what's good for you.



401(k) Day
Make wise choices.

A healthy retirement requires the right nourishment today, both physically and financially. An essential part of a diet that will keep you healthy and strong over the long term is your 401(k) plan. While it may not seem appealing to save some of today's income for tomorrow, planning for your future is the healthy choice.



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