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## Shannon Lee Simmons: taking the worry out of dealing with finances

Money can be incredibly stressful, but it doesn't have to be.

Regina Public Library (RPL) and the South Saskatchewan Community Foundation (SSCF) have partnered to bring community members the opportunity to change the way they look at money, to feel good about spending and to learn to say 'no' – but only if you want to.

On Thursday, January 23, Shannon Lee Simmons, Certified Financial Planner, media personality and author of *Worry-Free Money* and *Living Debt Free* will bring her trademark blend of wit and wisdom to Regina. Beginning at 5:30pm at RPL's Central Library, Simmons' discussion will explore our attitudes toward money, and the importance of financial literacy and financial empowerment.

"Financial literacy is crucial to our daily lives, but it can also be one of the most intimidating things we deal with," said Nancy MacKenzie, Manager, Community Engagement and Programming at RPL. "We're always looking for ways to help our customers feel more comfortable with tough topics, and Shannon is great at putting people at ease when it comes to understanding their money."

Simmons' talk will conclude with a question and answer session with Donna Ziegler, Executive Director of South Saskatchewan Community Foundation. A reception, where attendees can mingle with the presenters, will follow at 7:00pm.

"At SSCF, we believe in working together to build resilient and strong communities and pursuing a future where everyone belongs," said Ziegler. "Understanding your personal finances, setting goals, and finding your happy spending, as Shannon Lee Simmons would say, provides people with the skills, knowledge and empowerment to make informed decisions that will contribute to their wellbeing and their sense of belonging."

Admission to both the talk and reception are free. Attendees must register for free tickets via [Eventbrite.ca](https://www.eventbrite.ca).

Regina Public Library offers year-round programming on financial, business and legal topics. Visit [reginalibrary.ca/services/business](https://reginalibrary.ca/services/business) to learn more.

The [South Saskatchewan Community Foundation](https://www.sscf.ca) serves as a bridge between donors and charities in Regina and in southern Saskatchewan.

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