



We salute you this Teacher Appreciation Week!

Now more than ever

Words can't express how in awe we are of you. You've gone above and beyond your entire career, including this last year. Whether you're teaching in person or virtually – or a combination of both – you've helped give your students a routine they could count on when situations were anything but normal. Parents and administrators are grateful for your endless efforts. We are, too.



You help so many others.

Now let us help you.

Take care of yourself

Recognize your hard work and take a break if you can.

- Set aside 30 minutes and go outside. Fresh air and sunshine are good for the body and the spirit.
- Have a dance party. Crank up the music and dance like no one is watching. Singing at the top of your lungs is highly encouraged, as well.
- Binge episodes of that TV show you've always wanted to check out or try a new podcast.

All those other self-care ideas you hear about apply here, too: Take a nice long shower (or a relaxing bubble bath). Schedule a massage. Go to bed early or sleep in. Snuggle with your pet. Just relax.

Take care of your future

You may not have time to think about dinner tonight, let alone your retirement, but that's why it's so important to make sure you're on the right path now.

- **Enroll in the Harford County Public Schools 403(b) Plan.** A great first step is saving in your plan, if you aren't already.
- **Download the Lincoln Financial Mobile app** from the App Store or Google Play for retirement plan access on the go.
- **Set up alerts for your account** to text or email you when new documents are available. This [video](#) shows how easy it is.
- **Review our [flier](#)** for positive steps you can take for your future in 15 minutes or less. A little planning now may help you save more for later!

Explore all your options by visiting LincolnFinancial.com/Retirement to learn more!



For personal help, make an appointment with your Lincoln Financial Advisors representative via LincolnFinancial.com/HPSSchedule.

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