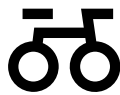




## Summer fun on a *budget*

Do high gas prices and inflation have you rethinking your summer plans? Here are some ways you can enjoy fun moments and create lasting memories with friends and family that are easy on the wallet.



### **Explore the great outdoors**

Camping can be a reasonable alternative to staying in a hotel, which can help free up money for other activities. You might also consider:

- Visiting a local nature center or forest preserve; depending on your area, they may offer canoeing, boating, or hiking
- Walking or biking trails near your home and surrounding communities
- Fishing at a nearby lake or river; you could even turn it into a friendly competition
- Having a picnic once a week at a local park



### **Check out your local library**

Today's libraries are much more than books—they're a hub of activities. Many offer:

- Summer reading programs
- Movie days
- Workshops and classes
- Passes to local attractions





## Be a tourist in your own town or nearby city

Often times, we're so busy planning where we want to go that we forget what's in our own backyard.

- Visit local museums; many offer free days, discounts for residents, and combo passes for multiple attractions
- Check out summer festivals and carnivals
- Pick your own fruit at a local orchard or berry farm
- Enjoy summer concerts in the park
- Attend a Minor League Baseball game
- Go on a scavenger hunt; you can search online for hunts near you or create your own



## Enjoy the comforts of home

You don't have to leave home to have a good time. You can bring the fun to you.

- Create an obstacle course in your backyard and invite family and neighbors to compete
- Host a themed potluck or barbeque, and handout small awards for best costume or dish
- Hold a weekly game or movie night—a theme can also work well with this event
- Do arts and crafts projects or create sidewalk chalk art with younger children
- Teach your children the backyard games you played as a kid

Whatever you do this summer, we hope you take time to relax, recharge, and reconnect. It'll be time well spent.



The content of this document is for general information only and is believed to be accurate and reliable as of the posting date, but may be subject to change. It is not intended to provide investment, tax, plan design, or legal advice (unless otherwise indicated). Please consult your own independent advisor as to any investment, tax, or legal statements made herein.

John Hancock Retirement Plan Services LLC provides administrative and/or recordkeeping services to sponsors or administrators of retirement plans through an open-architecture platform. John Hancock Trust Company LLC provides trust and custodial services to such plans.

Group annuity contracts and recordkeeping agreements are issued by John Hancock Life Insurance Company (U.S.A.), Boston, MA (not licensed in New York), and John Hancock Life Insurance Company of New York, Valhalla, New York. Product features and availability may differ by state. All entities do business under certain instances using the John Hancock brand name.

Each entity makes available a platform of investment alternatives to sponsors or administrators of retirement plans without regard to the individualized needs of any plan. Unless otherwise specifically stated in writing, each such company does not, and is not undertaking to, provide impartial investment advice or give advice in a fiduciary capacity. Securities are offered through John Hancock Distributors LLC, member FINRA, SIPC.

NOT FDIC INSURED. MAY LOSE VALUE. NOT BANK GUARANTEED.

© 2022 John Hancock. All rights reserved.

MGS-P 346515 GE 6/22 346515

MGR061422235905 | 346515



For additional ideas on how to boost your physical, mental, and social health, please visit [My Learning Center myplan.johnhancock.com](https://myplan.johnhancock.com).