



NEWSLETTER
November 2024

As the festive season unfolds, bringing with it acts of generosity, heartfelt gestures, and treasured times with family and friends, we're excited to share some November highlights and a delightful holiday recipe packed with goodness!

Wishing you a warm and joyful Thanksgiving season filled with love, laughter, and gratitude!

FRIDAY AFTERNOON CLUB

Mark your calendars for an unforgettable finale—our last Friday Afternoon Club of 2024 is happening on December 6th! We can't wait to see you there. Stay tuned for the 2025 FAC dates, coming your way soon!



LAU HIGHLIGHTS

Explore the Wonders of Our National Parks

Earlier this month, Jo explored Platte River State Park, capturing its untouched beauty. Escape the hustle and immerse yourself in one of the 63 stunning national parks in the U.S. this year!

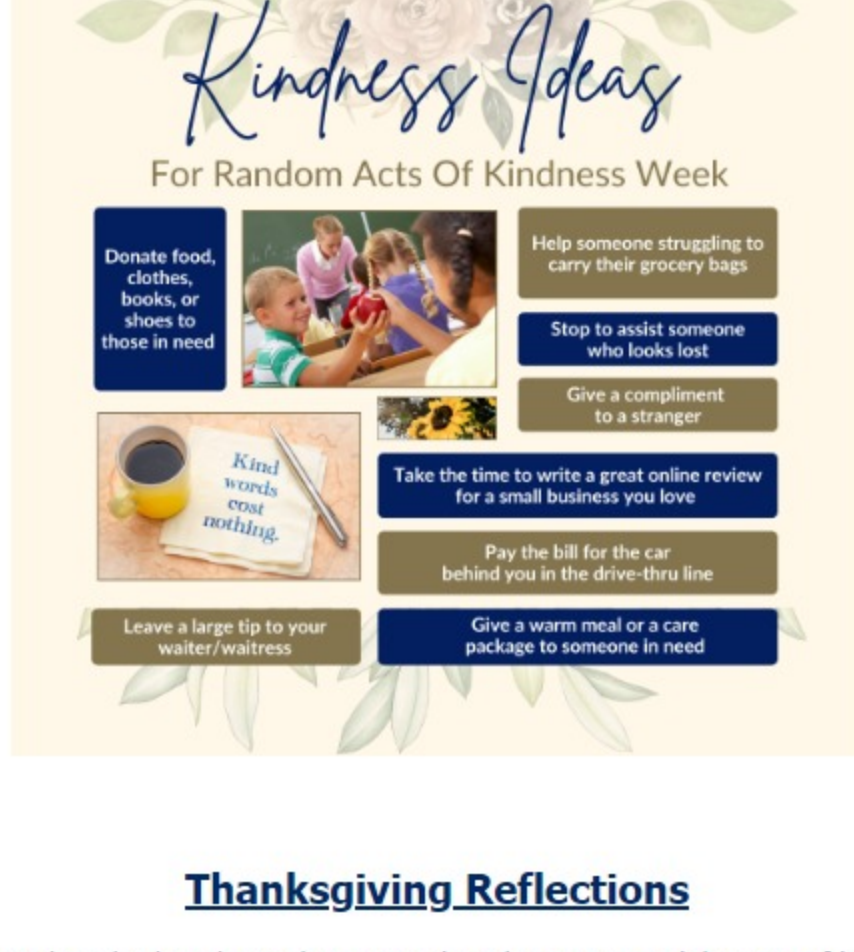
Imagine the thrill of exploring America's breathtaking national parks for free! Thanks to the "Every Kid Outdoors" initiative, every 4th grader and their family can embark on this unforgettable journey. Simply download your pass from their website and let the adventure begin! Click below to learn more about this fabulous program provided by the U.S. government.



Every Kid Outdoors

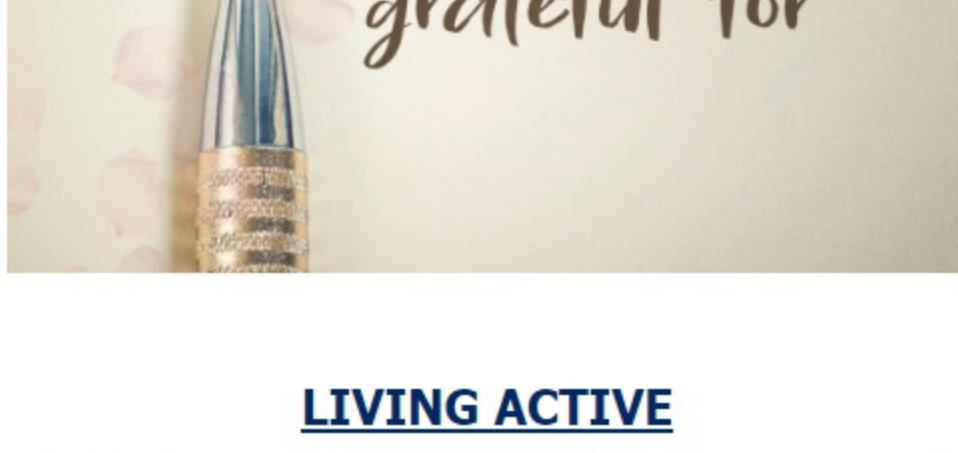
Don't Forget to be Kind!

World Kindness Week reminded us that even the smallest acts—a warm smile, a helping hand, or a sincere gesture—can spark change and lift spirits within our communities. We've curated a collection of ideas to fuel your kindness journey. Make them your own and spread happiness in your own style throughout the year!

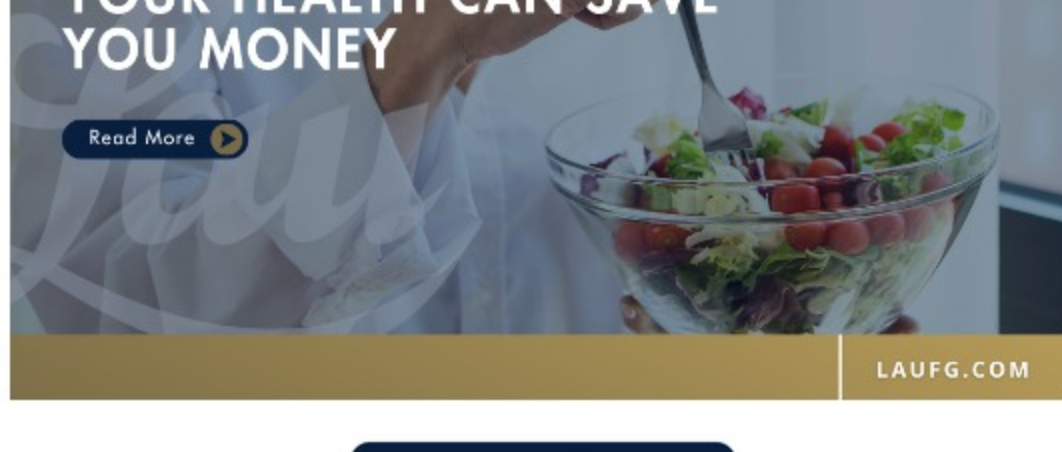


Thanksgiving Reflections

Thanksgiving is a cherished tradition that unites loved ones in a celebration of life's bountiful gifts. True gratitude starts from within. This holiday season, take a moment to reflect on your personal journey. Acknowledge the strength and resilience you've demonstrated, the hurdles you've conquered, and the dreams that drive you forward. Embracing gratitude for yourself is a vital step in nurturing a life filled with thankfulness.

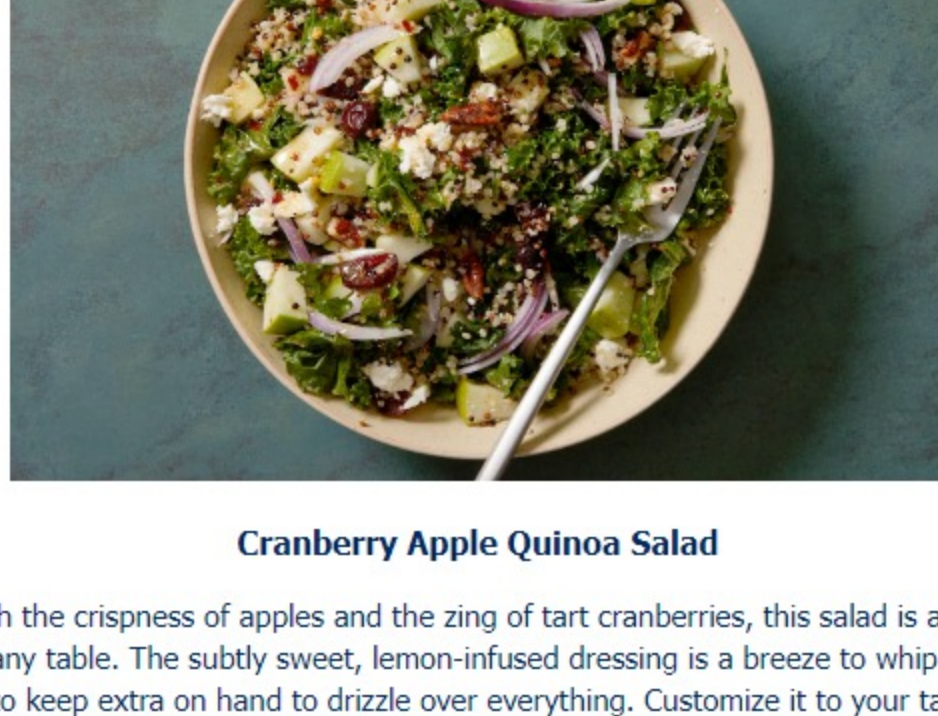


LIVING ACTIVE



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HEALTH-CONSCIOUS CORNER



Cranberry Apple Quinoa Salad

Bursting with the crispness of apples and the zing of tart cranberries, this salad is a vibrant addition to any table. The subtly sweet, lemon-infused dressing is a breeze to whip up, and you'll want to keep extra on hand to drizzle over everything. Customize it to your taste by choosing your preferred apple variety, swapping in creamy goat cheese for feta, or opting for walnuts instead of pecans. This salad is as versatile as it is delicious!

Get the Recipe

The Best Way to Welcome the Holiday Season? Attend a Slightly Tippy Festival

Full of spirits and song, wassail festivals have been a British yuletide tradition for centuries. Now they're trending on this side of the Atlantic. Here, a few places to join in the fun.



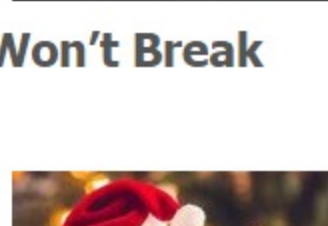
How To Talk To Your Family About Simplifying Gift Giving

The holidays will be here soon and people are already anxious about holiday gift-giving. Many remember last year, and how gift-giving detracted from the holiday itself.



5 Things to Do Now to Make Your Estate Simpler for Your Heirs

It's easy to put off doing many of these things. But get them done, and your heirs will be thankful you did.



12 Tips to Build a Holiday Budget That Won't Break The Bank

Here are practical tips to build a holiday budget, control expenses, and enjoy the season without overspending. Keep your finances festive and stress-free.



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Lau Financial Group

Financial Advisors
hugh@laufg.com
(402) 243-1200
(402) 243-1201

Learn More About Me
www.laufg.com/



Lau | LAU FINANCIAL GROUP



Email sent from Lau Financial Group - hugh@laufg.com
4131 Pioneer Woods Drive - Suite 103 - Lincoln, NE 68506

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