

Eat, sleep, work, RRSP...

The best routine for your retirement



Adopting healthy life habits is a smart choice. So is adopting healthy financial habits for retirement. Your group RRSP is a great way to get your savings on track.

Want to know more? Take a look at the [RRSP leaflet](#) (see the [French version](#)), which clearly and concisely summarizes the benefits of contributing to your group RRSP. There, you will find information on:



The many advantages of your group RRSP

The net cost of a contribution

Ways to contribute

Things to know and remember

The new year is the best time for resolutions; this year, take action and adopt healthy financial habits!

[Contributing to my RRSP](#)

INVESTED IN YOU.

[ia.ca](#)

iA Financial Group is a business name and a trademark of Industrial Alliance Insurance and Financial Services Inc.

© 2024 Industrial Alliance Insurance and Financial Services Inc. – iA Financial Group. All rights reserved.

Click here to stop receiving commercial electronic messages from Industrial Alliance Insurance and Financial Services Inc., located at 1080 Grande Allée West, PO Box 1907, Station Terminus, Quebec City, Quebec G1K 7M3, Canada; 1-800-567-5670; website: [ia.ca](#); email: [pension@ia.ca](#).