

## Avoid common emotional ups and downs



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*Investing involves risk, including possible loss of principal. Information provided by Retirement Specialists is for educational purposes only and not intended as investment advice.*

## Think long-term when investing.

Three tips to deal with market turmoil:

- 1 A good strategy is a good strategy regardless of market conditions. Stick with it.
- 2 You're in for the long-term. Don't make emotional decisions. Instead, focus on your long-term goals.
- 3 Talk with your local plan rep. They can provide you with educational information about long-term investing.

## Virtual Appointment Available

<http://dawnsphoneappt.myRetirementAppt.com>



Contact your Nationwide Retirement Specialist:  
Dawn Furlo  
408-828-0463  
[dawn.furlo@nationwide.com](mailto:dawn.furlo@nationwide.com)

Contact your Nationwide Retirement Specialist:  
Retirement Resource Group  
888-401-5272  
[nrsforu@nationwide.com](mailto:nrsforu@nationwide.com)

<http://retirementspecialists.MyRetirementAppt.com>

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