

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.

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Contact your Nationwide Retirement Specialist:
Kerry Avila
avilak2@nationwide.com

Contact your Nationwide Retirement Specialist:
Retirement Resource Group
888-401-5272
NRSFORU@nationwide.com

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