

THE CAPITAL CATALYST NEWSLETTER

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Compliments of Edana Thompson, CEO of AEG Legacy LLC



SMALL CHANGES, BIG IMPACT: EVERYDAY HABITS FOR A HEALTHY HEART

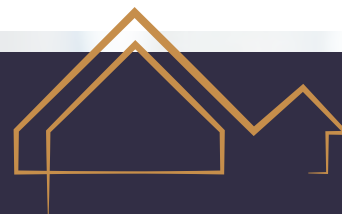
Here are a few small but impactful changes you can incorporate into your daily routine:

- Take a 10-minute walk.
- Lift weights.
- Add an extra fruit or vegetable.
- Start your day with a nutritious breakfast.
- Cut out liquid calories.
- Enjoy a handful of nuts.
- Practice deep breathing.
- Count your blessings: Take a moment daily to acknowledge the positive aspects of your life.

February is American Heart Month, a time when all people—especially women—are encouraged to focus on their cardiovascular health.

Let's raise awareness, listen to our hearts, and advocate for better health!

MORE THAN RENT CHECKS: BUILDING WEALTH AND LEGACY WITH REAL ESTATE



Five ways to begin investing in Real Estate:

Become a Landlord: Owning a rental property and becoming a landlord is a common way to invest in real estate. You purchase a property, find tenants, and collect rent.

House Flipping: Flipping involves buying undervalued properties, renovating or improving them, and then selling them for a profit.

Real Estate Investment Trusts (REITs): REITs allow you to invest indirectly in real estate without owning, operating, or financing properties directly. These trusts pool money from multiple investors to invest in real estate projects, such as commercial properties, apartments, or mortgages.

Real Estate Crowdfunding: Crowdfunding platforms allow you to invest in real estate projects alongside other investors. You contribute a smaller amount of capital, and the platform manages the investment.

Buy and Hold Strategy: This involves purchasing properties with the intention of holding onto them for the long term. Over time, property values appreciate, and you can generate rental income.

Remember to conduct thorough research, understand the local market, and consider your risk tolerance before diving into real estate investing. Each approach has its pros and cons, so choose the one that aligns with your financial goals and preferences.

Contact AEG Legacy for more information about various types of funding including real estate investments.

Visit our website to complete a quick no obligation pre-qualification form.



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